

Hafa Adai!

Coalition does second count of homeless. **PAGE 2**  
Festival celebrates culture of the Marianas. **PAGE 7**

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75¢

## CHCC bill goes to committee

By ERWIN ENCINARES  
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REPORTER

Vice Speaker Janet Maratita's (R-Saipan) bill to abolish the Commonwealth Healthcare Corp. and put its agencies under a resurrected

Department of Public Health that will be a line department under the governor was referred to a committee last Friday during the House session on Capital Hill.

See CHCC on **Page 4**



### HONORING THE DEAD

Over 1,000 candles were lit on the shores of the Fiesta Resort & Spa Saipan in honor of the thousands of Japanese soldiers who died during World War II.

KIMBERLY A. BAUTISTA

See story  
on **Page 3**

## 'Star Marianas owes CHCC nearly \$173K'

By ERWIN ENCINARES  
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REPORTER

The Commonwealth Healthcare

Corp. belied the report that it owes Star Marianas Air. In fact, it is the other way around, with the airline actually owing the corporation \$172,932.03,

according to the corporation.

In a statement from CHCC through Kaitlyn Neises, the corporation's spe-

See STAR on **Page 4**

## Quichocho is Chamber's 2017 BPOY



Michael Sablan, left, the Saipan Chamber of Commerce's 2016 Businessperson of the Year, presents the award to 2017 Businessperson of the Year to Ivan Quichocho.

ERWIN ENCINARES

By ERWIN ENCINARES  
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REPORTER

Ivan Quichocho, a top executive of TanHoldings Corp., was named the Saipan Chamber of Commerce's

2017 Businessperson of the Year during a dinner gala last Saturday at the Hibiscus Hall of the Fiesta Resort & Spa Saipan.

Quichocho, vice president for  
See QUICHOCHO on **Page 4**

## De Jesus is state spelling bee champ



The 2018 state spelling bee champion Latisha Anne De Jesus, left, and runner-up Diego Metran pose for a photo after the spelling bee competition last Saturday at the Pedro P. Tenorio Multi-Purpose Hall.

KIMBERLY A. BAUTISTA

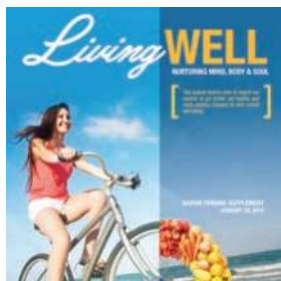
By KIMBERLY A. BAUTISTA  
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REPORTER

The Public School System's state level spelling bee lasted more than 40 rounds before naming Olei Elemen-

tary School's Latisha Ann L. De Jesus as the state champion.

It was the first time for the spelling bee to go on for 42 rounds, according to Suad Younis San Nicholas,  
See DE JESUS on **Page 4**

## INSIDE



### SUPPLEMENT

Today's Saipan Tribune comes with a pullout supplement that features stories on healthy living.



### OPINION

Bishop Ryan P. Jimenez, D.D. issues a pastoral letter on immigration.

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### LIFE & STYLE

Rapper Nelly is fighting back against a lawsuit that alleges he raped a fan.

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# Local

## Coalition does second count of homeless

By **KIMBERLY A. BAUTISTA**  
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REPORTER

The Commonwealth Homeless Coalition held its 2nd Annual Point in Time Count over the weekend, this time with a few major changes.

Over 100 individuals registered for the Point in Time Count that started at 5am last Saturday.

According to Commonwealth Homeless Coalition chair Vivian Sablan, the coalition was able to prepare for the count this year and make some improvements. One of that was to differentiate those who are literally homeless from those who are at-risk of becoming homeless.

"I think things went smoothly...we do have some homeless and the at-risk of becoming homeless so we needed to differentiate," she said.

Sablan said the count started at around 5:30am, with volunteers being assigned beaches they were required to comb through and then at about 7am, they started heading out to their assigned villages.

Another improvement the coalition made was inviting the volunteers to give their feedback on the count and jot down improvements that could be made for future counts.

"One thing we're doing different this year is to make sure that we go back and send the information right away, and also bring back our volunteers to kind of give an open feedback on what went well, what went wrong, so we can improve for

next year," said Sablan.

The coalition also assigned more individuals who would input the data after the count so that the results are finalized quicker.

"We want to be able to bring that data out to the community because last year we kind of failed in that part. This year, we want to make sure we do it right away," she said. "What's really important right now is to pull apart this data and see what we can do with it in terms of getting more funding and resources to be able to make it to our next step, which is to make sure we have funding to connect our families to programs," she added.

Sablan was also excited to see how much the community is aware of the count the second time around.

"When things are done for the first time, there are a lot of challenges. This being the second year, we are very fortunate that a lot of our volunteers were also volunteers from last year and we are beginning to see more community response," she said.

According to Sablan, the coalition was able to distribute over 300 goody bags as incentives for the families that participated in the survey.

"Last year we only bagged 100. It shows the community is aware and they are responsive to the community's needs," said.

As of 12pm, Sablan said the coalition was able to receive 200 surveys.

Commonwealth Advocates for Recovery Efforts executive director Maxine Laszlo participated in the count last Saturday.

According to Laszlo, she was not able to participate in the count last year but she knows that the count could pave the way for families to

receive assistance.

"A lot of these families are working. It's not like what people think. It's a lot of hard times so we just wanted to help get some data and help get funding for grants in the future," she said.

Laszlo said that during the count, she was able to encounter families who are in similar living situations as

the families that the CARE group serves.

Laszlo said that despite encountering obstacles like dogs, she would definitely continue to partake in the count because she sees the need of the community for grants that would cater to the battle against homelessness.

"There is so much need after [Typhoon Soudelor]

and it's just so hard to tell with these homes what was caused by the typhoon and what's not and there is no way for this one organization to serve all. We're just trying with what we can but it still looks like there is a lot of need," she said. "...If we could really try and find other financial resource systems for the island."



### KOREAN VISITORS

The Saipan Mayor's Office presents Korean exchange students with certificates of appreciation last Thursday after the group did a beach cleanup on Saipan. A group of 51 exchange students from South Korea visited the Saipan Mayor's Office and were presented with the appreciation certificates. The students did their beach cleanups at the PauPau beach and at Sugar Dock.

KIMBERLY A. BAUTISTA

## EEMC gets \$1.1M for 7 CUC projects done in 2017

By **FERDIE DE LA TORRE**  
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REPORTER

Gilbane Federal, which was appointed by the federal court to oversee some Commonwealth Utilities Corp. projects, completed seven CUC activities and works in 2017, and is seeking to be paid \$1.1 million for its services.

In fiscal year 2018, among the projects that Gilbane Federal will oversee for CUC includes five projects with a

total funding of \$5 million in grants plus \$56,000 in court registry funds. These are Stipulated Order No. 2 projects relating to oil spill prevention, preparedness and response.

Daryl Greenway, project leader principal for Gilbane Federal, discussed the completed and future projects for CUC in the report for 2017 he filed in the U.S. District Court for the NMI last Friday.

Greenway said that seven CUC orders issued by the fed-

eral court were active during 2017, including the ongoing activity of Gilbane Federal as the court-appointed Engineering and Environmental Management Company.

Of the seven works, only the Tank 103 and secondary containment repairs and Power Plants 1 and 2 facility waste management are ongoing. EEMC initiated the two ongoing projects last May.

The fiscal year 2017 grant funding in total amount of \$5 million was distributed to EEMC task orders by court order—\$204,000 for EEMC construction management; \$4,019,000 for Tank 103 repairs;

and \$777,000 for waste management for Power Plants 1 and 2.

As of January 2018 for 2017 work, Greenway said EEMC received total payments of \$1,137,178. The payments came from grants and from the court registry.

For FY 2018, EEMC's recommendation for future capital improvements include Power Plants 1 and 2 and Rota facility drainage improvements; Power Plants 1 and 2 and Rota facility waste management improvements; smart pigging of CUC pipeline; construction management for SO2; and environmental assessment of power plants.

## DPS probes video about alleged inappropriate statements

The Department of Public Safety's internal affairs division is looking into a video that reportedly shows a man leaning against a police vehicle and told to make inappropriate statements.

DPS spokesperson Jacqueline Rae Shepard said the man, who was leaning against what appears to be a DPS patrol car, seems to be in a confused state.

She said DPS recently learned about the video.

DPS is troubled by the con-

tents of the video, said Shepard, without elaborating as they don't have details about the video.

"Our job as police officers is to protect and serve the people of the Commonwealth, and to do so while treating each and every resident with dignity and respect," she said.

She said DPS internal affairs is aware of the situation and will make every effort to find out who was involved, and that DPS will act accordingly. (Ferdie de la Torre)

## LOTTERY PACIFIC GOLD RESULTS

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## Shinshokai group honors ancestors

By **KIMBERLY A. BAUTISTA**  
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REPORTER

The Shinshokai group lit over 1,000 candles in honor of loved ones that they lost during World War II.

Many members of the Shinshokai group are direct descendants of Japanese soldiers who died during the war and they have been visiting Saipan twice a year for over 40 years.

According to Shinshokai ceremony organizer Yuko Togawa, the ceremony is held twice annually to honor not only Japanese ancestors but also to honor every in-

dividual who lost their lives during the war.

The Shinshokai ceremony consisted of two parts. The

first part was held at the Banzai Cliff at the Shinshokai memorial. The Shinshokai group brought the Buddha-

style memorial to the island over 30 years ago.

The second part was held at the Fiesta Resort & Spa Saipan's beach area where candles were lit and arranged in a circle, each candle sym-

bolizing a death.

During the ceremony, the descendants prayed for their ancestors that they find peace and that they watch over them.

About 60 individuals par-

ticipated in the ceremony last Saturday.

Togawa said that they were also graced with the presence of their priest, Kosho.

The next Shinshokai ceremony will be held on July.

## FBI examines Sen Sun's 3 cell phones

By **FERDIE DE LA TORRE**  
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REPORTER

The Federal Bureau of Investigation examined last week the three cell phones that were seized from an overstaying Chinese tourist who has already pleaded guilty to operating an unlicensed business that offered trip packages to pregnant Chinese women seeking to give birth here.

FBI special agent Scott Berkland told the U.S. District Court for the NMI last Friday that they examined Sen Sun's two iPhones and one MI smartphone last Tuesday.

The FBI seized the devices from Sun last Nov. 3 and obtained a search warrant on the three phones last Nov. 8. Berkland told the court on Friday that all available data were extracted from the phones.

In its request for the warrant, Berkland said there is probable cause to believe that Sun used the phones to coordinate the recruitment, transportation, harboring, concealment, and employment of illegal or unauthorized aliens, as well as the movement of funds.

Berkland said the search was intended to seize data and information that may constitute evidence.

Sun, also known as Sam Sun, pleaded guilty last month

to a charge of harboring illegal aliens as part of a plea deal.

The offense carries a maximum penalty of not more than five years of imprisonment, a fine of not more than \$250,000, probation of not more than five years, and a \$1,000 special assessment.

Sun will be sentenced on March 30, 2018.

Between Jan. 1, 2017, and Nov. 3, 2017, Sun ran an illegal business operation arranging travel, medical, and other ser-

vices to pregnant foreign citizens seeking to give birth in the NMI.

Assistant U.S. attorney Eric O'Malley said that each of Sun's clients paid up to \$15,000 for this service.

O'Malley said that Sun employed 15 workers for this scheme, despite knowing they were aliens who were not authorized to work in the U.S.

The indictment charged Sun with harboring illegal aliens, unlawfully employing aliens, and money laundering.



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## CHCC

From Page 1

After being met with about 10 public comments against the bill and only one in support, Maratita's House Bill 20-149, which seeks to abolish CHCC and reinstate DPH, was referred to a special committee composed of six members: Reps. Alice Igitol (R-Saipan), Blas Jonathan Attao (Ind-Saipan), John Paul Sablan (R-Saipan), Jose Itibus (R-Saipan), Gregorio M. Sablan Jr. (R-Saipan), and Maratita herself as chairperson.

In the special committee, only Attao did not co-sign H.B. 20-149.

Other House members who co-sponsored the bill included Igitol, Itibus, Gregorio M. Sablan, John Paul Sablan, Rep. Donald Barcinas (R-Saipan), Rep. Edwin Aldan (R-Tinian), Rep. Ivan A. Blanco (R-Saipan), and Rep. Lorenzo Deleon Guerrero (Ind-Saipan).

Several private citizens, CHCC officials and physicians testified against the abolition of CHCC.

One physician pointed out that Section 1 of H.B. 20-149, which states the findings and the intent of the bill, is false.

Section 1 of the bill states, "The Commonwealth Healthcare Corp. is not meeting the needs of the people of the

Commonwealth and should be abolished and its functions returned to the Department of Public Health."

The physician pointed out that libel and slander are crimes.

"The [Centers for Medicaid/Medicare Services, or CMS] inspection citation in 2012 was 40 pages. We had another inspection in 2017 [that was] four pages. Anyway you measure it, the hospital right now is doing hugely better than the hospital of 2011," he said.

In a statement, CHCC chief executive officer Esther Muña thanked those who have testified in support of the current structure of CHCC.

"I want to thank the individuals that came out to support the current governance of CHCC and spoke against H.B. 20-149. Thankful to all the representatives that ensured this bill goes to a committee that should be objective," said Muña, referring to rumors that the House would act on H.B. 20-149 without it being assigned to a committee.

"We have an independent board of trustees that is very qualified and strong and they should be given the chance to do their job," she added.

In a lengthy introductory procedure, Maratita introduced H.B. 20-149, explaining why she chose to author the bill in the first place.

as the Chamber's Installation Dinner, is the organization's signature fundraising event. Last Saturday's gala, a masquerade ball, also saw the installation of the Chamber's new officers and board members. They are Palacios, Michael Johnson of Deloitte & Touche, Alex Sablan of Century Insurance, Perry Inos Jr. of Triple J, Ron Smith of Angil Design, Pauling, Donna Krum of Friends First Marketing, Alex K. Youn of AC Pacific, and Kevin McCale of Docomo Pacific.

There was also a silent auction.

It was earlier explained that the name of the gala was changed from "Installation Dinner" to "Business Person of the Year Gala" to focus on

surfaced after CHCC chief executive officer Esther Muña reached out to Santos, who chairs the Senate Committee on Health and Welfare, to help the corporation in seeking a 24-hour exemption for those traveling for medical referrals from the airline's policy of confirming reserved seats after cash payments are made.

Muña said in her letter to Santos that referral patients traveling from Rota to Saipan through Star Marianas have been reportedly losing their seats to travelers who get to pay before the referral patient.

Citing Public Law 16-51, which established the corporation, Maratita said that CHCC has failed to establish an accounting system; produce monthly financial statements; establish required cash funds; establish a fee structure; develop a strategic plan; collect accounts receivables; and develop annual budgets.

"As of today, and [for] over six years since the enactment of P.L. 16-51, CHCC has yet to achieve any of these requirements as reflected in audit reports directly from the Office of the Public Auditor," she said, citing CHCC audit reports for fiscal year 2012 through 2015.

"CHCC continues to place blame on its inability to provide quality healthcare services to CNMI citizens and residents on the CNMI governments' underfunding of the corporation," added Maratita.

One of several provisions in P.L. 16-51 requires CHCC to be a self-sustaining entity.

"Regrettably, because CHCC is a semi-autonomous agency, [the Legislature has] little to no control over how [CHCC] funding is spent," said Maratita.

Also to be repealed by H.B. 20-149 is P.L. 19-78, the law that transformed CHCC's advisory board into a governing board. Having been enacted in January 2017 and

the BPOY nominees.

The nominees were judged by the prior recipients of the BPOY award and by the four officers of the Chamber board.

Quichocho believes that competition in the tourism industry just gets fiercer and fiercer on a global stage.

"We...have to acknowledge that the competition out there globally is growing. They're coming to this game newer, faster, and with more resources," said Quichocho, referring to Southeast Asian countries such as Vietnam and the Philippines.

"The Philippines has well over a million arrivals from [South] Korea. That is our No. 1 tourist market and now Vietnam is entering the fray. They are coming at [South]

CHCC chief financial officer Derek Sasamoto said in an email that there were instances when CHCC would pay the airlines in the morning and afternoon just to ensure that patients would have their seats.

"This causes undue burden on our staff and causes us to rush everything related to Rota medical referral," he said. "This issue is not that we cannot pay. The issue is [the airline] giving away our [inter-island medical referral] seats. All we ask [Star Marianas] for is simply 24 hours to make payment."

When *Saipan Tribune*

fully completed in early June 2017, the board also had to undergo training in order to understand the management of the hospital.

According to CHCC board chair Lauri Ogumoro, since its creation, the CHCC board has been governing for "just over a month."

"Trying to undermine the [CHCC] board during its infancy is counter-productive to our mission and to the health of the corporation, which has recently shown significant progress in terms of finances and delivery of healthcare," wrote Ogumoro, who was not able to attend the session.

Ogumoro explained that CMS dictates the governance structure of hospitals that participate in their program. Citing 42 CFR 482.12, CMS-qualified hospitals are required to have a governing body legally responsible for the hospital.

"H.B. 20-149 is designed to revert all of the CHCC back to the original structure as the DPH, back when DPH was not compliant with the CMS regulations regarding governance and a complaint was filed against DPH with CMS," said Ogumoro.

"Despite changing political landscapes and administrations, the priorities of the CHCC remain the same, and must remain the same—ad-

Korea as source market very aggressively," he added, saying both countries are somewhat newer destinations compared to the CNMI.

"...The playing field has changed," he said. "They don't have North Korea aiming missiles at them and they are not suffering [from] this labor situation that we are facing."

He believes that cooperation is essential to continue the economic growth of the CNMI.

"We need to work together and work faster just to maintain our current market share. It's going to be tough in 2018. We need to get our ducks in a row and focus on becoming a better and more dynamic destination," he said.

reached out to Star Marianas last Wednesday, Robert Christian of Star Marianas said in an email that the company believes that "debt collection" is a private issue.

"Those purchases create certain obligations between our two entities which we believe are private in nature," Christian said, adding that the airlines had no comment on the issue.

In a letter dated Jan. 23, 2018, Santos invited Muña and Star Marianas Air president Shaun Christian to a meeting on Jan. 30, 2018, for clarification.

vance the quality of healthcare, ensure access to care, and generate and preserve adequate resources for our health system," she continued.

"We must protect our health care system from the vagaries of political whim; members of its governance must be free from fear of reprisal. Our healthcare system needs to be funded adequately so we can provide the healthcare we all deserve," added Ogumoro.

## Senate reactions

When sought for comments, Senate Committee on Health and Welfare chair Sen. Terecita Santos (R-Rota) opted to reserve her comments until the bill is transmitted to the Senate and referred to the "appropriate committee" for review.

Committee vice chair Sen. Sixto Igisomar (R-Saipan), however, said the current CHCC structure should be supported.

## DE JESUS

From Page 1

Public School System Office of Curriculum and Instruction English Language Arts program coordinator.

De Jesus went head-to-head with Garapan Elementary School's Diego Metran.

From round 17 to 42, De Jesus and Metran battled for the title of 2018 state level spelling bee champion. The fifth graders were able to make history by blowing through the entire spell list.

"We actually ran out of words from this year's spell list so we used another spelling list from two years ago and that's how we were able to determine the winner," said San Nicholas.

She said the students were so passionate about the competition that they completely memorized the spell list they were given, resulting in the use of a spell list from a previous competition year.

"Seeing that both students had the 2018 list, they were able to study those words and know it pretty much by heart and by memory and in order to break that we needed to get another list," she said.

San Nicholas said that it was good practice for the students because it challenged them to further enhance their vocabulary.

"I think it's a good experience because having the other words from the other list would teach them not just to focus on memorizing certain words but expand their knowledge and skills so they can learn more words," she said.

De Jesus would be representing the CNMI in the Pacific regional spelling bee competition that will be held in Guam on March 3. Metran will be her substitute.

"To convert the CHCC back to a department under our Commonwealth government, absent any benchmarks or task-list to check off on what the current CHCC problems [are], we should continue to support the current CHCC organizational make up," he said.

In a statement from Igisomar's office, the senator said the current setup of CHCC has allowed the corporation to "innovate ways toward long-term solutions."

"If we are now contemplating a 360-degree reverse...and revert to the status of nine years ago, then I hope we are now able to dispel the initial findings under P.L. 16-51 as to why our hospital should not be a department under the Commonwealth government," he said.

A longer version of this story is available at [www.saipantribune.com](http://www.saipantribune.com)

De Jesus feels happy that she was able to make her family, friends, coaches, and her school proud. She hopes that she can continue to make them proud as she goes off to regionals.

When asked about preparations, De Jesus said her coach, June Seman, helped her prepare for the competition through various vocabulary activities.

De Jesus made it to the state spelling bee competition in the last three years. Last year she placed 11th.

Aside from De Jesus and Metran, the other competitors were James Thorson from GES, Selina Villena from GTC, Chit Moe for GTC, Charles Baybay from KES, Cassandra Fernandez from KES, Auriella Feger from Koblerville Elementary School, Nicole Sundiam from Koblerville Elementary School, Dereck Rangamar from OES, Edreanne Corrales from SVES, Omari Joab from Sinapalo Elementary School, Ashley Cayabyab from Sinapalo Elementary School, Glenn Valdezco from Sinapalo Elementary School, Juris Cabarles from Tinian Elementary School, Clarize Rodriguez from Tinian Elementary School, Lhouanne Sison from WSR, Jenaya Cheng from WSR, Mary Grace Caras from Hopwood, Kristina Achas from Hopwood, Mariessa Babauta from Cha Cha Ocean View, Kiku Tudela from Cha Cha Ocean View, Elicia Cabrera from Dandan Middle School, Juliet Inocencio from Dandan Middle School, Janis Taitano from Francisco Sablan Middle School, Maria Ayuyu from Francisco Sablan Middle School, Leirha Erich Manalo from Tinian Jr. High School, and Angela Joy Esteban from Tinian Jr. High School.

## QUICHOCHO

From Page 1

business development at Tan Holdings, got the plum in a surprise announcement at the gala. The other nominees were Velma Palacios of IT&E, Yoshihito Shibahata of Pacific Islands Club, and Ty Pauling of Hyatt Regency Saipan.

"It's an absolute honor," said Quichocho.

According to him, he has been nominated at least four times for the prestigious award in the past but he declined past nominations.

"This is my first time I've accepted, and it's quite a privilege and an honor," he added.

The Business Person of the Year Gala, formerly known

## STAR

From Page 1

cial assistant for policy, sustainability, and development, *Saipan Tribune* was informed that the airline reportedly owes CHCC \$172,932.03.

Citing CHCC records, Neises said the airline owes the corporation that amount since November 2012, representing the "medical costs of plane accident patients."

Sen. Terecita A. Santos (R-Rota) earlier said that CHCC owes the airlines about \$96,000. The alleged balance

# NMI scholarship office teams up with medical university

The CNMI Scholarship Office has teamed up with the Washington University in St. Louis School of Medicine in hopes of giving CNMI students a chance to study and do research at one of the leading medical schools in the nation.

The CNMI Scholarship Office created the partnership with university in February 2017 with a goal of providing opportunities for pre-med and healthcare students from the CNMI. That began the first Washington University and Mariana Islands Summer Program partnership during the summer of 2017.

It is hoped that involvement in summer research training programs at WUSTL School of Medicine will give CNMI students mentored research experience at a top ranked school of medicine.

"...The WUSTL and CSO partnership offers world-class education and training for CNMI students, which is critical to Pacific Islander healthcare and national interest," said Dr. Joe Pangelinan, Washington University in St. Louis School of Medicine assistant professor of Medicine and director of Cultural Awareness & Diversity. "We are calling this partnership the Washington University and Marianas Island Program."

CNMI Scholarship Office administrator Rose Pangelinan said, "We have many brilliant young minds in the CNMI. ...Through this partnership, we hope to develop STEM pipeline programs during the summers for our junior/senior high school students here in CNMI...for our undergraduate to get the lab and research experiences that play a significant part in being accepting into medical schools. Lastly, our graduates will be able to participate in a one-year post baccalaureate programs at WUSTL, which will include taking additional courses, preparing them for the MCAT, and shadowing top doctors at the Barnes Jewish Hospital, St. Louis Children's Hospital, and the WUSTL School of Medicine."

Among the various summer research programs offered by WUSTL, the McDonnell Genome Institute Opportunities in Genomics Research became the first summer research program from this partnership to select a qualified CNMI student to study genomics.

Among the various candidates, it was Liezel Tipples, a Marianas High School graduate studying biology at the University of Guam, who was chosen to participate during summer 2017.

"I chose to major in biology because of my love for sci-



CNMI Scholarship Office administrator Rose Pangelinan, right, poses together with first-ever WUMI participant Liezel Tipples at Washington University in St. Louis School of Medicine after Tipples' research presentation. Tipples was the first student from the CNMI to participate in the WUMI summer program established between CSO and WUSTL School of Medicine.

CONTRIBUTED PHOTO

ence and medicine. I want to pursue a career as a physician because it has always been a passion of mine to care for others in terms of their health and wellbeing," said Tipples. "I applied for the OGR summer program because I wanted to gain research experience. This was a great opportunity to develop and expand my current knowledge and skills I need to make an impact in the fields of medicine and science because they are very limited in Guam and the Marianas." At the summer OGR program, Tipples was a part of a top lab team mentored by leading scientists, involved in intensive research, and presented to other participants on behalf of her findings.

"I was able to work in Dr. Kristen Naegle's lab at the biomedical engineering department where we had to develop a high-throughput screening to optimize dual protein expression in *E.coli*. I learned

and became more proficient in many wet lab skills in microbiology, biochemistry, as well as genetics. I was also taught how to put together and conduct a scientific presentation. Other than our lab work, the OGR program also provided a graduate school preparatory course that we all found to be very beneficial. It gave us great insight on how to apply for graduate school, as well as how to write personal statements and do well in interviews."

Tipples' extracurricular activities while pursuing her summer research training included participation in a journal club, career counseling and workshops, presentation and writing skills help sessions, GRE preparation, and bioinformatics workshops.

"Attending an off-island program has many benefits because of the advancements in research, technology, and equipment that they have in

the schools you go to. It is also great way to represent the Marianas and Pacific in the STEM field," said Tipples.

From the success of Tipples, CSO will continue their efforts in equipping students with more opportunities through the Washington University and Mariana Islands collaboration.

The WUSTL summer training programs will give any undergraduate student interested in a career in medicine or the biomedical sciences the opportunity to work for eight to 10 weeks under the guidance of faculty or research mentor at WUSTL.

Students will also be exposed to one-on-one collaborations to gain theoretical knowledge and practical training in academic research and

scientific experimentation.

In addition to learning research skills, CNMI students will make friends from different backgrounds, learn presentation skills, practice taking tests required for advanced degrees, receive assistance with navigating the graduate application process, and participate in career counseling.

The summer research programs will allow CNMI college students the opportunity to be around highly motivated, committed and excellent physician, scientists, and educators.

Once a CNMI student has been accepted into a summer research program, WUSTL will subsidize costs by providing a stipend up to \$4,000, housing allowance, travel to and from WUSTL, Metro bus and Metrolink pass, food allowance and any other cost associated with travel to conferences. All other expenses not

covered under the WUSTL summer program will be covered by WUMI depending on availability of funds.

"We are hopeful that this will serve as a successful beginning to a wonderful collaboration in advancing STEM education for [the] Marianas and to increasing Pacific islander representation in medicine and the biomedical fields," said Dr. Pangelinan.

A list of the various summer programs and their application links can be found on the [www.cnmischolarship.net](http://www.cnmischolarship.net) under the "Internship & Fellowship Programs."

Interested undergraduates are encouraged to begin the application process as most applications are due as soon as Feb. 1, 2018. For more information regarding the WUMI program, contact Monique Sablan at [monique@cnmischolarship.net](mailto:monique@cnmischolarship.net) or call 664-4752. (PR)



## Commonwealth of the Northern Mariana Islands NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514  
Email: [nmhc@nmhc.gov.mp](mailto:nmhc@nmhc.gov.mp) • Website: <http://www.nmhc.gov.net>



## NOTICE OF FUNDING AVAILABILITY OF COMMUNITY PLANNING AND DEVELOPMENT FUNDS FOR PROGRAM YEAR 2018

THIS ADVERTISEMENT IS PAID FOR BY NMHC WITH CPD FUNDS.

The Government of the Commonwealth of the Northern Mariana Islands, through the Northern Marianas Housing Corporation (NMHC) is announcing the availability of an estimated \$1,264,412.00 in Community Planning and Development (CPD) funds available from the U.S. Department of Housing and Urban Development. NMHC anticipates receiving an estimated amount of \$902,206.00 in Community Development Block Grants (CDBG); \$293,829.00 in Home Investment Partnerships (HOME); and, \$68,377.00 in Emergency Solutions Grant (ESG) funds for Program Year (PY) 2018.

The CDBG funds, authorized under Title I of the Housing and Community Development Act of 1974, may be used for a wide range of community development activities to revitalize neighborhoods, provide affordable housing, expand economic opportunities, and improve community facilities and services. However, use of these funds must meet at least one of the national objectives which include: 1) to benefit low and moderate-income families; 2) to eliminate slum or blight conditions; or 3) to meet other urgent community development needs.

The CDBG program requires a grant recipient to certify that it will minimize displacement of persons as a result of activities assisted with CDBG funds. The CNMI government does not plan on undertaking any activity which will cause displacement of person. In the event of any unforeseen displacement resulting from any CDBG funded activity, the CNMI government will comply with the requirements of the Uniform Relocation Assistance and Real Property Acquisition Policies Act of 1970, its implementing regulation and applicable local law.

HOME funds may be used to create affordable housing through financing assistance, site acquisition or improvement, and rehabilitating existing residential dwellings as well as providing funds for new construction or purchase of a single family residential dwelling. Use of HOME funds must benefit low-income families.

ESG funds may be used to rehabilitate or convert to buildings into homeless shelters and for shelter operating expenses, supportive services and homeless prevention and rapid re-housing activities. Use of ESG funds must benefit the homeless.

Applications for the use of CPD funds are available for pick up at the Northern Marianas Housing Corporation (NMHC) located in Garapan, Saipan; San Jose Village, Tinian; and, Songsong Village, Rota, beginning January 03, 2018.

You may also obtain the application online at [www.nmhc.gov.net](http://www.nmhc.gov.net) in the section titled "Public Notice/Announcement" subsection "Community Planning Development"

Applications must be submitted to the NMHC Offices in Garapan, Saipan (Saipan Residents); San Jose, Tinian (Tinian Residents); and, Songsong Village, Rota (Rota Residents) by April 06, 2018, no later than 4:30 p.m. Applications submitted after April 06, 2018, will not be accepted.

A briefing will be conducted for interested applicants and for those applicants who have picked up an application for the use of CPD funds. The briefing will address the program requirements and regulations concerning the usage of CPD funds.

The schedules for briefing are as follows:

February 07, 2018, 6:00 p.m. for the island of Saipan  
February 08, 2018, 6:00 p.m. for the island of Tinian  
February 09, 2018, 6:00 p.m. for the island of Rota

We are encouraging all non-profit, for profit, and government service providers who are providing services to people with disabilities, homeless individuals, and emergency shelter administrators and operators to attend this briefing.

For residents living on the island of Saipan, the briefing will be held at the NMHC Office in Garapan; Residents living on the island of Tinian, the briefing will be held at the NMHC Office in San Jose Village; and Residents living on the island of Rota, the briefing will be held at the Rota Mayor's Office Conference Room in Tatachog.

Accommodations for disabled individuals or other non-English speaking individuals who wish to attend the briefing are available upon request by giving at least 24 hours notice prior to the meeting so that such needs can be arranged and provided. Additional inquiries, concerning the CPD program, may be directed to Ms. Zenie P. Mafnas, Deputy Corporate Director or Mr. Jacob Muna, Planner/Environmental Officer at 234-6866 or 234-7689.

/s/  
Jesse S. Palacios  
Corporate Director



## COMMONWEALTH PORTS AUTHORITY

Main Office: FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT  
P.O. BOX 501055, SAIPAN MP 96950-1055  
Phone: (670) 237-6500/1 • Fax (670) 234-5962  
E-mail Address: [cpa.admin@pticom.com](mailto:cpa.admin@pticom.com)  
Website: [www.cpa.gov.mp](http://www.cpa.gov.mp)

## REQUEST FOR PROPOSAL

PROJECT NO. CPA-RFP-003-18

SUBMISSION DATE: FEBRUARY 9, 2018 AT 5:00 P.M.

"AMBASSADOR SERVICES FOR AUTOMATED PASSPORT CONTROLS"  
FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT

THE PROPOSAL PACKAGE IS AVAILABLE FOR PICK UP AT THE OFFICE OF THE EXECUTIVE DIRECTOR, COMMONWEALTH PORTS AUTHORITY, 2ND FLOOR, ARRIVAL BUILDING, FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT BEGINNING JANUARY 19, 2018.

PROPOSERS ARE TO SUBMIT ONE (1) ORIGINAL AND THREE (3) COPIES IN A SEALED ENVELOPE AND MARKED: **CONFIDENTIAL "AMBASSADOR SERVICES FOR AUTOMATED PASSPORT CONTROLS (RFP-003-18)"**. PROPOSERS SHALL TAKE INTO CONSIDERATION ALL CHARGES ASSOCIATED WITH THIS PROCUREMENT BEFORE FINALIZING ITS PROPOSAL. ALL PROPOSALS MUST BE SUBMITTED AT THE CPA ADMINISTRATION OFFICE, 2ND FLOOR OF THE ARRIVAL TERMINAL BY FEBRUARY 9, 2018 AT 5:00 P.M..

THE PROVISIONS OF THE CPA PROCUREMENT REGULATIONS, NMIAC SECTION \$40-50-1020 AND 1025 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CPA RESERVES THE RIGHT TO REJECT ANY AND ALL PROPOSALS, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF CPA.

/S/ CHRISTOPHER S. TENORIO  
EXECUTIVE DIRECTOR

DATE: JANUARY 19, 2018

# MHS sophomore invited to West Point

A Marianas High School sophomore student has been invited to apply for a slot at the West Point Military Academy.

Julia Malate is currently a sophomore at MHS. She got the invitation to join the academy on Jan. 20, a month after

she sent the academy a notice asking if she could apply as early as her sophomore year.

Malate has always wanted

to go to West Point. "I wanted to be in the military academy but not just in any military academy, I wanted to strive

for the best and the hardest," she said.

There are still a few more hoops that Malate would need to jump through.

"They're still going to look through my bio, then I would have to do my fitness test, and then I can go," she said.

Malate, who said she has always been focused on extracurricular activities that contribute to her health and fitness, is preparing for her SATs with her brother, Robert Malate, a former MHS student who has been accepted into Harvard.

Before she can officially start her education at West Point, she would have to com-

plete the required classes in order for her to graduate high school.

"Most likely they'll recommend that I take more advanced classes or maybe college classes so that by the time I get to West Point, I can just move into calculus or something higher," said Malate.

Malate aims to start at West Point in her junior year, but if she is not able to fulfil all the requirements by junior year, she will leave for West Point in her senior year.

"I didn't know I would get this [invitation] so early but... it is the college that I have been dreaming to go to," she said. *(Kimberly A. Bautista)*



## BEST ISLAND DESTINATION

Rachel Song, marketing specialist from the Marianas Visitors Authority's Beijing office, fifth from right, accepts the Best Island Destination Award given to the Marianas at the 2017 National Tourism Awards on Jan. 22, 2018, in Beijing, China. The National Tourism Awards are regarded as one of the most influential activities in tourism industry of China, attracting the attention of tourism industry leaders from both domestic and international markets. Each year, enterprises and groups, including official tourism authorities, travel agencies and airlines with outstanding performances are awarded.

MVA



Representatives of Hong Kong airlines and media and travel trade of Taiwan visit the scenic and historic sites of Saipan on Jan. 10, 2018, as part of a familiarization tour organized by the Marianas Visitors Authority.

MVA



Marianas Visitors Authority managing director Christopher A. Concepcion receives a model plane from Hong Kong Airlines vice general manager Rex Chuang on Jan. 9, 2018, at Salty's Bar & Grill. From left are MVA marketing specialist Laura Hsiao, Hong Kong Airlines account manager Lea Tseng, Hong Kong Airlines account manager Erica Wang, Concepcion, Chuang, and MVA's Taiwan PR and marketing manager Steven Cheng.

MVA



Representatives of Hong Kong airlines and media and travel trade of Taiwan visit Managaha on Jan. 9, 2018, as part of a familiarization tour organized by the Marianas Visitors Authority.

MVA



## MARIANAS COFFEE BREWING

Marianas Visitors Authority managing director Christopher A. Concepcion, left, and MVA Community Projects specialist Ed Diaz attend the launch of a monthlong promotion for the Marianas at the Delta Air Lines Sky Club lounge at Tokyo-Narita International Airport on Feb. 16, 2018. In addition to Marianas 30 Treasures images of iconic places in the islands, the promotion features free samples of Marianas Coffee and Saipan Brewing Co. drinks.

CONTRIBUTED PHOTO



Just in time for the coldest months of the year, Marianas Coffee brews at the Delta Air Lines Sky Club lounge at Tokyo-Narita International Airport on Feb. 16, 2018. The refreshment, along with Saipan Brewing Co. beer, is part of a monthlong promotion by the Marianas Visitors Authority reminding lounge patrons of the tropical allure of the Marianas, a short three-hour flight from winter in Tokyo.

CONTRIBUTED PHOTO

## COMMUNITY BRIEFS

### Family grief support group to meet on Feb. 1

The Compassionate Friends of Saipan will be holding its monthly grief support meeting on Thursday, Feb. 1, from 6pm to 7:30p, at the NMPASI conference room on Middle Road, in Gualo Rai. For more information, e-mail [tcfSaipan@gmail.com](mailto:tcfSaipan@gmail.com) or call Jill Derickson (989-9821) or Donna Krum (783-1900). To learn more about The Com-

passionate Friends, visit [www.compassionatefriends.org](http://www.compassionatefriends.org). *(PR)*

### Road closure on Beach Road

There will be construction and road closures on the northbound lane of Beach Road in between Llat Street and Alas Street in Garapan beginning today, Jan. 29, 2018, through March 25, 2018. The road is expected to re-open on March 25, 2018. This will allow the

Commonwealth Utilities Corp.'s contractor, RNV Construction, to perform renovations on a sewer lift station, S-10. Due to the closure of the northbound lane and for the safety of the community, motorists and large vehicles are advised to proceed with caution and take alternative routes when traveling through the area. *(PR)*

### Military training at FDM

**ASAN, Guam**—The U.S. military will conduct training at the island of Farallon de Medinilla starting today, Jan. 29, until Jan. 31, from 9:30am to 11:59pm. It is recommended the public, fishermen and marine tour operators monitor the Coast Guard broadcast notice to mariners for advisories. The general location of the training on the island of Farallon de Medinilla will be in a 12-nautical mile radius of the island. *(PR)*

## 9TH ANNUAL CHAMORRO CULTURAL FESTIVAL

## Festival celebrates culture of the Marianas

**SAN DIEGO, California**—Chamorro Hands in Education Links Unity, or CHE'LU, the San Diego-based non-profit focused on preserving the Pacific Island culture of the Chamorros, will be celebrating its 9th Annual Chamorro Cultural Festival on March 24, 2018, at California State University-San Marcos.

The theme for 2018 is *Ta-Silelebra i Lina'la' Ginen i Lengguahi, Hinemlo' yan Kuttura*, "Celebrating Life

Through Language, Health and Culture."

The festival is a free event with free covered parking, plenty of seating areas, free Wi-Fi, family-friendly restrooms, and handicap accessibility.

It's a celebration of the Chamorro culture in one of the largest annual gatherings of Chamorros in the U.S. mainland. It is set to break another attendance record of more than 10,000 visitors with

our highly-anticipated family-fun event, celebrating the arts, culture, heritage and customs of the people from the Mariana Islands, which include Guam, Rota, Tinian, Saipan and northern islands in the Commonwealth of the Northern Mariana Islands.

CCF is a unique day of celebration for Chamorros, uniting the indigenous people of the Marianas from all around the world with music and cultural dance performances,

educational workshops, cultural foods and a diverse array of products to accentuate the Chamorro in everyone.

New this year is a Kid's Zone featuring face painting, games, and cultural crafts for the little ones.

The popular Beer Garden will return, plus even more mouth-watering island cuisine and vendors than ever before.

On the night before CCF, CHE'LU sponsors and co-host the 'Sounds of the Marianas' kick-off concert on March 23, 2018, which will be held at the Sons and Daughters of Guam Club.

CHE'LU is a nonprofit organization, created and sustained by volunteers in San Diego County. It was established in 2005 to highlight the unique Chamorro culture and its indigenous people. CHE'LU is dedicated to the Chamorro community by strengthening

our native language, culture and health through education.

Some of the ways CHE'LU preserves our culture are through the programs we support. We reach out to the greater community through our Sakman Chamorro project, and free youth cultural music, language, health and dance programs.

Our entire board hopes you are able to celebrate with us in San Marcos on March 24, 2018. Follow us on Facebook for event updates. (PR)

## First Hawaiian reports Q4, 2017 financial results

**HONOLULU, Hawaii**—First Hawaiian, Inc. has reported financial results for its fourth quarter and full year ended Dec. 31, 2017.

Net income for the quarter ended Dec. 31, 2017, and the full year 2017 was \$11.7 million, or \$0.08 per diluted share, and \$183.7 million, or \$1.32 per diluted share, respectively.

Core net income for the quarter ended Dec. 31, 2017, and the full year 2017, which primarily excludes the impact of a one-time charge to provision for income taxes of \$47.6 million due to the revaluation of certain tax-related assets at

the projected lower corporate tax rate resulting from the Tax Cuts and Jobs Act, was \$59.2 million, or \$0.42 per diluted share, and \$230.4 million, or \$1.65 per diluted share, respectively.

The board of directors increased the quarterly dividend by 9.1 percent to \$0.24 per share.

"2017 was another successful year for First Hawaiian, and we were able to cap it off with a strong fourth quarter," said Bob Harrison, chairman and chief executive officer. "We were also pleased to see the benefits from key strategic initiatives. In residential lending,

we are starting to see initial results from the shift in our mortgage lending model, and our commitment to small business lending was recognized by the Small Business Administration, as we were named Hawaii's 2017 SBA Lender of the Year – Category 1 and 2017 SBA 504 Lender of the Year."


On Jan. 24, 2018, the company's board of directors declared a quarterly cash dividend of \$0.24 per share, an increase of \$0.02 per share from the dividend paid in December 2017. The dividend will be payable on March 9, 2018, to shareholders of record at the close of business on Feb. 26, 2018. (FHB)



## WRITERS' WORKSHOP

Walt F.J. Goodridge, seventh from left, held the 6th Saipan Writers' Workshop at the Joeten-Kiyu Public Library last Saturday, Jan 27, 2018. Twenty percent of the admission proceeds were donated to Friends of the Library. From left, Feifei, Jacky Sheng, Martin Dalsaso, Joe Hill, LeeAnn Bonds, Ambrose Bennett, Walt Goodridge, Euneen Mendiola, Emily, Jazzy Concepcion, Manuela Babauta, Gerard Borja, Riza Ramos, Dylan Ramos and Beth Demapan, Technical Services librarian. Not in photo, Tony Peters and Claire Grove, MD.

CONTRIBUTED PHOTO



## Commonwealth Utilities Corporation

# JOB VACANCY ANNOUNCEMENT

**JVA No. 18-009**

**Opening Date:** Monday, January 29, 2018  
**Closing Date:** Until Filled

## CHIEF ENGINEER, P.E. (Re-announcement)

**DUTIES:** The Commonwealth Utilities Corporation (CUC) is a government utility providing power and water utilities to the islands of Saipan, Tinian and Rota and wastewater utility to the island of Saipan. The incumbent of this position is under the overall supervision of the Deputy Executive Director (Water and Waste Water) or his/her designee. The duties and responsibilities are as follows: Coordinates and meets with other divisional sections and corporate divisions to coordinate activities and projects. Supervised engineering support staff to include: prioritizing and assigning work, conducting performance evaluations; ensuring staffs are trained; and, making, hiring, termination, and disciplinary recommendations. Performs project management activities to include preparing reports, memorandums and recommendations; developing scope of work, providing technical reviews; surveying for projects, evaluating proposals, monitoring project process, approving payment, and, recommending award of projects. Prepares engineering designs, plans and specifications, collects data and performs research. Troubleshoots systems and equipment. Reviews work performed by engineers. Performs other duties of a similar nature or level as required by CUC and the United States Environmental Protection Agency (EPA). CUC is under a Stipulated order of the United States of America vs. the Commonwealth Utilities Corporation and the Commonwealth of the Northern Mariana Islands, Civil Case 08-0051 filed in the U.S. District Court for the Northern Mariana Islands.

**LOCATION:** Grants/Water & Wastewater, Engineering Division, SAIPAN, Northern Mariana Islands USA. (Saipan has a population of about 50K. It is adjacent to Asia and about a 3-hour flight south of Tokyo. It is about 100 miles north of the US Territory of Guam)


**SALARY:** Starting: \$120,000.00 Per Annum (Commensurate with Qualifications and Experience, Exempt). If hired from outside the Northern Mariana Islands, terms and conditions of the relocation cost will be negotiated. However, the accommodations shall not exceed \$5,000 for moving to the islands and shall not exceed \$5,000 for moving away from the islands.


**CONTRACT:** Two (2) years, subject to renewal  
**POSITIONS:** One (1)

**MINIMUM QUALIFICATIONS:** Master's Degree in Civil, Mechanical, or Electrical engineering. Registration as a Professional Engineer pursuant to the National Council of Engineering Examiners standards in either the civil, mechanical or electrical branch; Experience of ten (10) or more years as a professional engineer. **Demonstrate the following:** Proven management and communication skills; Demonstrated ability to lead, motivate, and develop staff; Competency and proficiency in overseeing major drinking water and wastewater systems during the periods of planning, design, construction, and operation of drinking water systems' production, treatment, and distribution, and in wastewater treatment, collection and conveyance systems. **Knowledge of:** Safe work practices; Applicable Federal, State, and/or Local laws, rules and regulations; Project management principles; Mathematical concepts; Construction principles; Engineering principles and practices. **Skill in:** Monitoring and evaluating staff; Prioritizing and assigning work to staff; Managing multiple projects; Interpreting and applying Federal, State, and/or Local laws, rules and regulations; Interpreting drawings; Preparing a variety of technical report and/or documentation; Presenting technical information to management, public groups, and other related individuals; Reading and interpreting scaled drawings; Preparing specifications, plans, and cost estimates; Conducting studies; Using computers and related software applications; Communication, interpersonal skills as applied to interaction with coworkers, supervisor, the general public, etc. sufficient to exchange or convey information and to receive work direction. Must have a U.S. driver's license. Applicants may be tested. Subject to a pre-employment drug screening.

Drop off your CUC Employment Application at the CUC Human Resource Office located on the 3rd Floor of the Joeten Dandan Building on Saipan. Otherwise, you may drop it off at the Tinian and Rota Administration Office. Otherwise, e-mail to: [employment.applications@cucgov.org](mailto:employment.applications@cucgov.org)

**An Equal Opportunity Provider and Employer**  
P.O. Box 501220, Saipan, MP 96950-1220 U.S.A. • Tel. Nos. (670) 235-7025 to 32 Fax (670) 235-5131





## Commonwealth Utilities Corporation

### Office of the Executive Director

# REQUEST FOR PROPOSALS

## CUC-RFP-18-009

### ALTERNATIVE POTABLE DRINKING WATER DISINFECTION SYSTEM INSTALLATION

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified firms for the Alternative Potable Drinking Water Disinfection System Installation Project in the Commonwealth of the Northern Mariana Islands.

**General Description:** This work consists of installation of alternative potable drinking water disinfection systems at five (5) potable drinking water disinfection points in the CNMI, one (1) on the island of Rota, one (1) on the island of Tinian, and three (3) on the island of Saipan. These systems will be evaluated as part of an expanded, one-year pilot-study of alternatives to chlorine gas disinfection. The contractor will be responsible for installation of the automated disinfection systems as well as provision of disinfectant products and any other necessary consumables during the one-year contract period.

The RFP Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$50.00 (non-refundable) for one RFP package set. The RFP package consisting of the specifications and scope-of-service will be provided in a CD or emailed to the registered email ID. Prospective Proposers must pre-register with the CUC Procurement & Supply Division.

**One (1) original and five (5) hard copies**, along with an electronic copy of the proposal on a compact disk in PDF format must be submitted in a sealed envelope marked "CUC-RFP-18-009, Alternative Potable Drinking Water Disinfection System Installation" to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **February 6, 2018 at 10:00 AM (ChST)**. Late submissions and conditional proposals will not be considered.

A **Proposal Guarantee** of fifteen (15%) percent of the total proposal price must accompany the proposals. The security deposit may be in cash, certified check, cashier's check, or proposal bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. A **Payment Bond** of one hundred (100%) percent and a **Performance Bond** of one hundred (100%) percent of the total proposal price will be required upon the execution of the contract by the successful Proposer. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety.

Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands, for the protection of all persons supplying labor and material to the contractor or its subcontractors for the performance of the work provided for in the contract.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). *Proposers are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.*

Discussions may be conducted with responsible offerors who submit proposals determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. Offerors shall be accorded fair and equal treatment with respect to any opportunity to discussion and revision of proposals, and such revision may be permitted after submission and prior to award for the purpose of obtaining the best and final offers. During discussions, there will be no disclosure of any information derived from proposals submitted by competing offerors.

All Offeror are advised that CUC assumes no responsibility in any act of omission on the part of the Offeror due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the proposal under this request, or to procure or contract for services. Offeror are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.


All responses to this RFP should take into account any and all taxes, including excise tax, which will become the obligation of the proponent awarded a contract. Successful proponents will be required to submit a copy of a valid CNMI Business license in compliance with the Contractor's Registration and Licensing Laws of the Commonwealth of the Northern Mariana Islands, upon award of the contract. The Contractor and all subcontractors will be obligated to pay wage rates not less than the current CNMI minimum wage, prevailing through the period of contract, as indicated in the web page: <https://marianaslabor.net/>. The proponents shall be required to comply with all applicable CNMI and Federal Laws.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on January 22, 2018** to Manny B. Sablan, CUC Purchasing Officer via email address [manny.sablan@cucgov.org](mailto:manny.sablan@cucgov.org) with a copy to Marcela Tenorio, CUC Purchasing Assistant via email address [marcela.tenorio@cucgov.org](mailto:marcela.tenorio@cucgov.org).

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

**GARY P. CAMACHO**  
Executive Director

**MANNY B. SABLAN**  
Purchasing Officer



# Opinion

Hafa Adai!

## Saipan Tribune

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MEMBER

AP The Associated Press

Pacific Islands News Association

### EDITORIAL

## Solar tariff costs US jobs

**D**onald Trump is launching a major assault on renewable energy in the guise of a free trade policy. His 30 percent tariff announced Monday on solar panel imports from nearly every country around the world deals a major blow to the clean energy industry in the United States. It will cost thousands of jobs here—installation is the big job creator in this industry, not manufacturing—and it will raise costs of solar for California homeowners and utilities.

All so the president can further line the pockets of oil and coal tycoons whose industries pollute the environment and deplete the finite supply of fossil fuels.

Trump claims the tariff is necessary to give U.S. solar manufacturers a level playing field. He notes that imports from China, Korea, Malaysia, Thailand and Vietnam constitute more than 80 percent of the solar panels sold in the United States.

But Solar Energy Industries Association CEO Abigail Ross Hopper forecasts that the new policy will cause a net loss of 23,000 jobs because of anticipated delays or cancellations of billions of dollars in solar investments. And energy experts say the tariff is too little, too late to spark a significant increase in solar panel manufacturing in the United States. It will just reduce demand.

Say this for Trump: He is consistent. The president yanked the United States out of the Paris Climate Accord last summer, giving us the dubious distinction of being one of only two countries (the other is Syria) rejecting a goal of reducing carbon emissions. He has opened vast new areas to oil, gas and coal extraction, rolled back regulations on power plant emissions and initiated tax reforms that damage solar and wind financing.

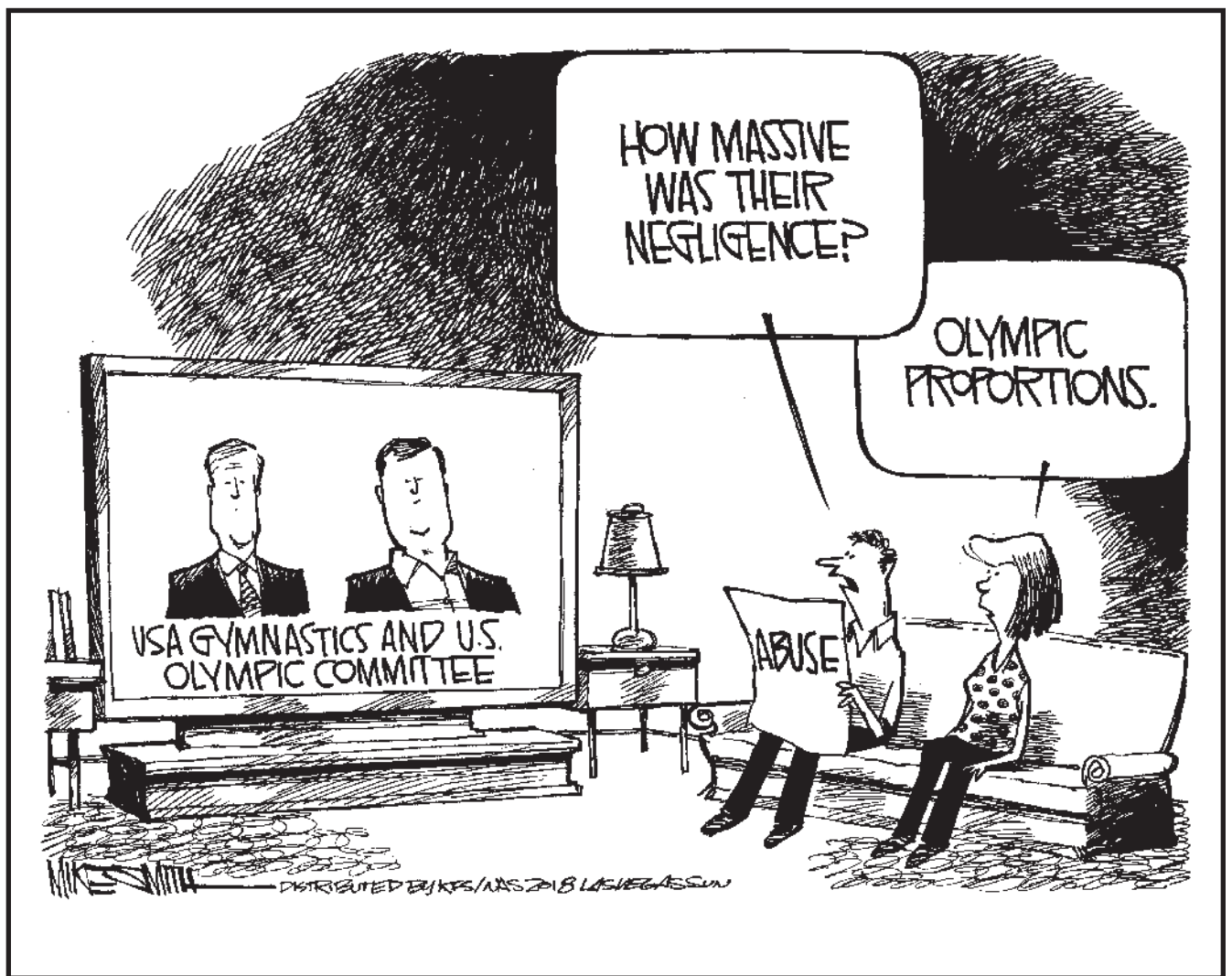
Solar panels have dropped in price by roughly 30 percent since 2016 and, before the tariff, were projected to drop another 27 percent by 2022. That would have helped California meet the Legislature's mandate for half of the state's electricity coming from renewable sources by 2030, about double what it is today.

Good luck hitting the target now. The tariff is generally projected to result in a 10-15 percent reduction of solar installations through 2023.

The tariff also risks starting a trade war with China. The president rants and tweets about the trade imbalance between the countries, with China exporting four times more goods to the United States than it imports. If the solar panel tariff draws a response from the Chinese government, however, the battles could affect U.S. steel, tech and agriculture industries. Big ag in particular could be damaged in a trade war with China, and it's another Trump base.

But this is not about trade, or even about China, since the tariff affects nearly all panel imports. It's about destroying a clean energy industry to shore up the dirty ones that the president's friends run. The ultimate cost will be paid by American consumers who will lose the ability to dramatically lower their utility bills.

(c)2018 The Mercury News (San Jose, Calif.)



## Pastoral letter on immigration

**M**y dear brothers and sisters in Christ, greetings of peace!

Migration is—as Pope Francis affirms—a “sign of the times” (cf. Message for the 104th World Day of Migrants and Refugees, 15 August 2017). It is a complex reality that for several years now we have been facing and addressing. On the national level, immigration has been and continues to be a topic of debate and discourse. On the local level, immigration reform continues to be a priority concern due to restrictions on the immigrant workforce and their families.

A few days ago, the Northern Mariana Islands U.S. Workforce Act was introduced on the U.S. Senate floor. The proposed bill seeks to extend the CW-1 program beyond 2019, push the CW cap limit to 13,000 and set a new CW visa category for what will be called “legacy workers” that could be renewed every three years.

With the varied positions and continuing debate on how we as a nation, and as a Commonwealth, will achieve reform, we continue to move forward and do our best—together—to honor the good that is already in place and to change what can be made better. We continue to seek answers, explore options, weigh things, and find solutions. In this regard, I wish to offer some points for reflection, consideration and guidance.

First of all, in anything we do, we should seek and promote the common good—that is, “the sum of those conditions” in society that will enable individuals and groups to grow and be fulfilled (cf. Gaudium et spes, 26). In other words, we should see to it that the social environment, which is composed of many aspects or factors, promotes the growth of individuals and groups in society. Clearly, the achievement of the common good is a concerted effort of people, who go beyond their personal interest or the interest of their own group. Narrow-mindedness is to be abandoned in order to serve the greater good.

We should remember, too, that “in the present condition of global society, where injustices abound and growing numbers of people are deprived of basic human rights and considered expendable, the principle of the common good immediately becomes, logically and inevitably, a summons to solidarity and a preferential option for the poorest of our brothers and sisters.” (Laudato si’, 158)

Second, we should always bear in mind that here, we are dealing with persons. We are not just addressing an issue. We are dealing with persons, who have their own personal stories, their rights and sentiments. We are concerned that local workers have access to jobs. We recognize the contribution of foreign workers

**By RYAN P. JIMENEZ, D.D.**

Special to the Saipan Tribune

Ryan P. Jimenez, D.D. is the bishop of the diocese of Chalan Kanoa.



and their families to our community. Together we are a strong community.

Once we lose sight of the fact that we are dealing with persons, we tend to be dismissive and detached. It becomes easier for us to have that “throw away” mentality that Pope Francis criticizes. We may come up with quick solutions, but we may end up, too, treating people as expendable.

Third, the reality of migration invites us to examine and to confront ourselves. Are we doing things to maintain “our lifestyle,” “our way of life”? Or are we being invited to change, even our way of life, because that is the good thing to do? Aren’t we perhaps being called to live simply so that others can simply live?

Indeed, “Christian spirituality proposes an alternative understanding of the quality of life, and encourages a prophetic and contemplative lifestyle, one capable of deep enjoyment free of the obsession with consumption... [It] proposes a growth marked by moderation and the capacity to be happy with little.” (Laudato si’, 222)

To those among us who would argue that migrant workers have no place in our islands, I wish to repeat the words of Deuteronomy: “You too should love the foreigner, for that is what you were.” (cf. Dt 10, 19). And to the migrant workers and their families, I wish to repeat what the prophet Jeremiah told the Jewish exiles in Babylon: “Seek the welfare of the city to which I have exiled you; pray for it to the Lord, for upon its welfare your own depends.” (Jer 29, 7).

These words from Scripture remind us to look at one another with kindness, benevolence, and charity; to look at one another as neighbors, as human beings with gifts and talents—not as strangers, not as competitors or potential enemies. We are members of one family. We are all God’s children. Thus, dealing with migration should bring about in us—instead of tension and distrust—a keen sense of solidarity and compassion.

May God bless us all!

**EDITORIAL POLICY**

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

**‘No to the abolition of CHCC’**

**D**ear members of the 20<sup>th</sup> Northern Marianas House of Representatives: As a concerned citizen, taxpayer, and resident of the Marianas, I write to express my strong opposition to House Bill 20-149, a bill to abolish the Commonwealth Health Care Corp. and return its functions to the Department of Public Health, a line agency under the control of the governor.

When CHCC was established just eight years ago, it was with the goal of transforming our healthcare system to become “a professionally managed, nationally accredited, independent public healthcare institution that is as financially self-sufficient and independent of the Commonwealth government as possible” (Public Law 16-51, Section 2: Findings and Purpose). The Legislature found then that the Department of Public Health, as a line agency of the Executive Branch, was not operating as effectively as demanded by consumers, and was hampered by inefficiency, political controls, and difficulties in procurement, and staffing. Our healthcare system needed greater autonomy and flexibility to deliver critical services more efficiently, especially for the day-to-day operations of our sole public hospital and the health clinics on Saipan, Tinian, and Rota.

But the Legislature also acknowledged then that turning the Department of Public Health into a corporation didn’t mean that the government would no longer have to appropriate funds for hospital services. When the 16<sup>th</sup> House Committee for Health, Education, and Welfare, chaired by then-representative Ralph Deleon Guerrero Torres, recommended passage of the Health-

care Corporation Act, they noted that the Commonwealth Health Center “will continue to require governmental subsidy particularly for indigent care and medical referrals,” at least until the government could adopt by law a system for mandatory universal health coverage (House Standing Committee Report 16-30, p. 7). The hospital, under the auspices of the new corporation, would continue to provide care for all patients who entered its doors, regardless of their ability to pay.

Unfortunately, since its inception, CHCC has been woefully underfunded, largely due to the government’s failure to pay for indigent care, including the full local share for Medicaid services provided by the hospital. These are significant burdens for CHCC to bear, considering that nearly half of our people are uninsured, and that CHCC receives only 55 cents from the federal Medicaid share for every dollar spent caring for Medicaid patients. According to CHCC’s records, the hospital incurred nearly \$14 million in uncompensated care for uninsured patients in fiscal year 2016 alone, and every year absorbs millions more in Medicaid services that are not reimbursed by the local government. In the last budget call, CHCC requested \$16 million to pay for indigent care; the Legislature provided just \$825,000.

Now, in two pages, House Bill 20-149 proposes to undo the last eight years of work to overhaul and improve our healthcare system, by dissolving CHCC altogether. But House Bill 20-149 does nothing to address the real problem, which is the chronic underfunding of CHCC. Instead, the bill would take us backwards to the old system, to make healthcare once again the func-

**By TINA SABLAN**

Special to the Saipan Tribune

*Sablan is a former lawmaker in the CNMI House of Representatives. This is her statement on House Bill 20-149.*



tion of a line department under the control of the governor. Why? The bill reveals little about its motivations. The legislative findings—a single sentence—merely state that CHCC is not meeting the needs of the people of the Commonwealth and should therefore be abolished.

But it is the Legislature that is not meeting the needs of CHCC. And as a beneficiary of CHCC, as a taxpayer, and as your constituent, I urge you to set aside House Bill 20-149 and focus on resolving the real problem of funding for CHCC. Members of the House have already identified various revenue sources to strengthen and support healthcare in the Marianas. You have the power and the mandate to deliver those needed funds to CHCC right now—without dismantling the organization, jeopardizing CMS certification, and destabilizing and politicizing the only healthcare system we have.

Please, do the right thing. Don’t take us backwards. Support our healthcare system, and give CHCC the funding it needs.

**CHCC’s biggest problem: Funding**

**I**magine if you were running a store and had at least one-third of your customers come in and purchase goods and, after you ring everything up, these customers pay only 55 percent of their total.

That is essentially what has been happening to the Commonwealth Healthcare Corp. since 2012. Approximately one-third of CNMI residents depend on Medicaid for healthcare coverage. For every dollar spent on a Medicaid patient for medical services at CHCC, Medicaid reimburses CHCC 55 cents. The 45 cents that our *local government* is obligated to pay under the Federal Medical Assistance Percentage has not been paid since 2012. CHCC loses about \$10 million annually because our local government does not pay its share. If you include uncompensated care (charity care), which last year totaled more than \$13 million, then you are looking at CHCC taking a loss of \$23 million annually.

This and other information is readily available from CHCC. Perhaps, instead of accusing CHCC of “not meeting the needs of the people” (as stated in House Bill 20-149), my colleagues and I can look at the facts, figures, and data from CHCC and do all we can to address CHCC’s needs, which, at the top of the list is, adequate funding. Like director of Medical Services Jesse Tudela said in his public comments, “The problem is not the corporation. The problem is funding.”

On Friday, my colleagues and I heard some powerful public

comments from CHCC doctors, staff, and constituents. I just hope we all listened intently. We also have written comments that were submitted as well, and I urge my colleagues to read them, most especially the letters from Tinian Health Center resident director Marjorie Daria and Rota Health Center resident director Vanessa Quitugua.

CHCC is far from perfect and, in my meetings with them, the administrators, doctors, nurses, and staff acknowledge that. But they have made tremendous strides and improvements and could do so much more if we work with them in addressing their needs and challenges. It is important to note that CNMI taxpayers spent more than \$11.5 million in fiscal year 2017 on medical referral, and that excludes their operations and personnel costs. Based on my meetings with Medical Referral director Ron Sablan and CHCC CEO Esther Muña and chief financial officer Derek Sasamoto, we could cut medical referral costs if we invest more in our only hospital in the CNMI.

I plead with the public not to let politicians run CHCC, because none of us (including myself) have the credentials or the experience to run a hospital. What we elected officials should do is provide the financial support CHCC so desperately needs. Additionally, we legislators can conduct oversight hearings if we seek to improve the efficiency and effectiveness at CHCC. We also hold the power to investigate in cases of alleged corruption, incompetence, or mismanagement, but thus far, I have seen no

**By ED PROPST**

Special to the Saipan Tribune

*Ed Propst is a member of the House of Representatives in the 20th Legislature.*



such evidence.

In closing, I want to remind the general public that the CHCC governing board just started operating last month on Dec. 16, 2017. Under its rules and regulations, CMS (Center for Medicaid and Medicare Services) requires “an effective governing body that is legally responsible for the conduct of the hospital governing board” (42 CFR 482.12).

To the CHCC management, doctors, nurses, and staff, thank you for all you do. Your professionalism and ability to do so much with so little speaks volumes. I remain committed to funding CHCC and continue to ask the public to support and lobby for HB 20-136, a bill Rep. Edmund Villagomez and I introduced, that will allocate at least 20 percent of casino revenues to CHCC.

Thank you for allowing me to share my thoughts on CHCC and H.B. 20-149.

**LETTER TO THE EDITOR****A recent experience**

My family and I have received healthcare at our local hospital here on Saipan for well over 40 years now. Just this past Tuesday afternoon, I took my wife there for an appointment with Dr. Kohnen at the Family Care Clinic. Never in all those years have I been so impressed with the entire experience as I was yesterday, from walk-in to departure. Efficiency, caring, professionalism, and cheerful attitude were the traits that characterized our visit, which included our caregiver as well as my wife and me. I hadn’t been to FCC for a couple of years and was prepared to deal first off with the anxiety that I have in trying to hear the numbers being called out for initial registration, which for some time was the only notification that your turn was up (my hearing is not so good these days and hearing the announced numbers had long been a problem). So how impressed was I when our number was shown above the reception cubicle’s lighted display and the number was also called out via a speaker. And our number was called after a waiting time of only a few minutes, from the time we entered, got our number, and sat down in a non-crowded waiting room.

The next activity was going to the reception cubicle and being asked only one thing, my wife’s date of birth. I was dumbfounded that I didn’t need to present all the documents that I had dug out and taken with me (hospital card, appointment paper, insurance cards, etc.). I gave the date of birth and everything else was called up on a computer and the attendant just verified that all the necessary info was up-to-date. This all took about a minute and I returned to our waiting spot, highly elated! Next I was prepared to wait 30 minutes or longer to be called into the clinic to see the doctor. After about five minutes or so, my wife’s name was called and the three of us went into the clinic and were escorted to the nurse’s station for checking vital signs (BP, temperature, etc.), current medications, etc. From this activity, we were taken right to the doctor’s office and within a couple of minutes, Dr. Kohnen came in to begin the consultation.

The consultation was thorough, helpful, conducted in a relaxed, conversational manner, and not at all rushed, lasting well over an hour! We ended up getting not only some helpful infor-

mation and discussion about ongoing care for my wife, but at Dr. Kohnen’s suggestion, both of us getting flu and shingles shots, as well as blood work for lab tests for my wife.

Yes, I was tremendously impressed and pleased with the entire experience and, although we spent about three and a half hours at the hospital, it seemed like a much shorter time.

I have no idea who or what is responsible for this vast and impressive improvement at CHCC, but I do know I’m grateful and genuinely happy with it.

P.S. I need to also mention that getting the initial appointment was a much improved process as well. In the past, when I go to the hospital or call to make an appointment, the date it’s scheduled is often a month after the time I make the request. This time, when calling for the appointment, I was given a date less than a week after my request. That alone is noteworthy.

**Ivan Propst**

Susupe, Saipan



# Living

# WELL

NURTURING MIND, BODY & SOUL

*This special feature aims to inspire our readers to get active, eat healthy and make positive changes for their overall well being.*

SAIPAN TRIBUNE SUPPLEMENT  
JANUARY 29, 2018





For the past seven years, the DASH diet received top billing on the US News & World Report list of best diets to promote weight loss and long-term health.

DREAMSTIME/TNS

## QUINN ON NUTRITION

# DASH into the New Year

By **BARBARA QUINN**  
THE MONTEREY COUNTY HERALD/TNS

**I**t's one of the most effective diet strategies to bring down blood pressure and reduce dangerous inflammation. It helps us lose weight and protects almost every organ in our bodies. And hardly anyone knows about it.

It's called the DASH diet, not to be confused with the popular seasoning. DASH stands for Dietary Approaches to Stop Hypertension ... yawn. Yet for the past seven years, the DASH diet got top billing on the US News & World Report list of best diets to promote weight loss and long-term health. And, as opposed to many of the diet plans coming your way in 2018, DASH is supported by some of the best research out there.

What makes it so cool? DASH does more than just lower blood pressure. It's been shown to lower the risk for kidney disease, improve heart

function and even lower our risk for certain types of cancer.

Believe it or not, the main focus of this diet plan is not to cut out salt. DASH lowers blood pressure due to its unique mixture of nutrients such as protein, fiber, potassium, magnesium and calcium. Experts have found that when these substances team up, they work synergistically to normalize blood pressure and fight off health-robbing inflammation. Published results have been nothing short of amazing.

If we don't yet appreciate how important it is to keep our blood pres-

sure normal, here are a few scare tactics from registered dietitian Denise Webb, PhD. High blood pressure, says Webb, can cause bulging or ruptured arteries, weakened enlarged hearts, stroke, dementia, kidney failure, damaged blood vessels in the eye and sexual dysfunction in men.

Ready to pay attention now? Perhaps we might want to adopt one or more of these DASH-related resolutions to keep us dancing into the New Year:

Buy a measuring cup and fill it 2 to 3 times a day with vegetables. Then eat those vegetables.

Designate at least 4 snacks or meals a week to eat nuts, seeds, beans or lentils.

Buy bread, cereal, crackers and other grains made with "whole" grains.

Consume at least 2 servings of low fat milk, cheese or yogurt each day. Lactose-reduced products and butter-milk work, too.

For an afternoon or evening lift, replace sugary sweet snacks with fresh, frozen, canned (without added sugar) or dried fruit.

Eat 3 to 6 ounces of fish, poultry, lean meat or meat substitutes each day.

Instead of drowning food with but-

ter, mayonnaise or salad dressing, realize that a little dab will do me.

Drink no more than 1 or 2 alcoholic drinks a day or don't drink at all.

Find the complete DASH eating plan at <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>. It's free! That's something to celebrate.

*Barbara Quinn is a registered dietitian and certified diabetes educator affiliated with Community Hospital of the Monterey Peninsula. She is the author of "Quinn-Essential Nutrition" (Westbow Press, 2015). Email her at [barbara@quinessentialnutrition.com](mailto:barbara@quinessentialnutrition.com).*

## Quitting smoking can add years, quality of life

As resolutions go, quitting smoking could be the most important choice on a smoker's list.

Smokers are more likely to develop diseases like lung, throat and mouth cancer. And they're more likely to die earlier than are people who don't light up.

Dr. J. Taylor Hays, director of the Mayo Clinic Nicotine Dependence Center, says it's never too late to quit the habit.

To younger smokers, those younger than 40-years-old, Dr. Hays asks, "Do you want to add 10 years to your life?"

He says, if the answer is yes, quit smoking.

"Do you want to avoid all of the ill health effects—chronic lung disease, heart disease, lung cancer?" he asks. "Stop smoking."

Dr. Hays says those diseases are intimately associated with smoking, and, if people stop at a young age, they'll avoid virtually all of them.

"And they'll add years—not just length of life, but quality of life," says Dr. Hays.

As for older smokers, Dr. Hays says it's never too late to stop.

"Make an attempt," he says. "You still can avoid a lot of the ill health effects of smoking, stopping whenever. So if you've tried and failed, try again. It's never too late to quit."

Dr. Hays says the best way to quit is to make a plan and stick to it.

"And that plan should include some counseling and behavioral therapy, and medications that will reduce withdrawal and help maintain abstinence," says Dr. Hays. (*Mayo Clinic News Network/TNS*)



Quitting smoking can add years and quality of life.

DREAMSTIME

Have a New Year's resolution to get in shape but abhor the gym? Fitness apps may be the solution.

Technology has advanced greatly, and current fitness apps provide people with much better access to information, said Jeana Anderson Cohen, a certified personal trainer and group fitness instructor who founded and operates the fitness website [www.asweatlifefit.com](http://www.asweatlifefit.com).

"These apps and programs, videos and tools allow them to be efficient with their time and their bodies," she said.

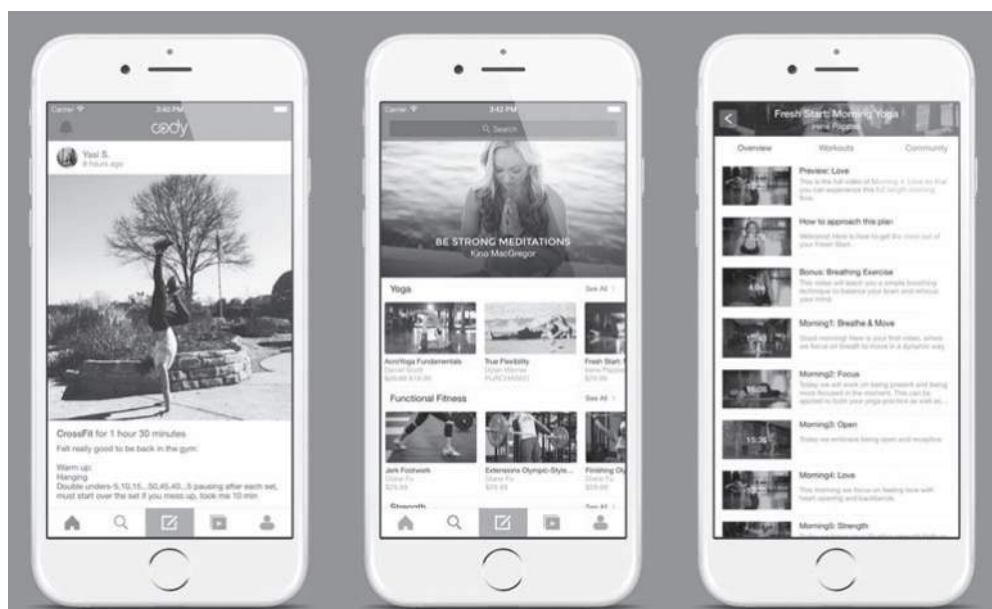
And a gym membership isn't needed, either. "If you have a body, you have a gym," Cohen said.

While there aren't as many new fitness apps being created because of the rise of wearable fitness devices like Fitbit, which create their own motivations and experiences for users, fitness trainers picked their favorite new and established apps to help anyone with a smartphone get exercising.

**CODY.** This new subscription-based app has videos of certified trainers leading classes. Many of the classes focus on flexibility and strengthening exercises like yoga and Pilates, but it also has weightlifting and nutrition classes, with single classes and series available. Cohen is especially pleased the videos show trainers with varied body types, and the videos are accessible to people of all fitness levels.

"They also have body-weight workouts that are accessible to anyone no matter where they are," she said.

**STEPBET.** One of the easiest ways to start a new fitness regime is to simply walk more. Dr. Bridget Scott, of Scott Chiropractic, recommended a new walking game app from the founders of DietBet called StepBet. Users bet against themselves on personalized targets, and they can win money



Many of the classes focus on flexibility and strengthening exercises like yoga and Pilates, but it also has weightlifting and nutrition classes, with single classes and series available.

## Fitness apps to get you moving

By **DEBBIE CARLSON**  
CHICAGO TRIBUNE

when they reach their goals. The competition angle can be a catalyst to get sedentary people moving, she said.

"When there's money and competition involved, there's motivation. And you can't cheat because the Fitbit tracks your progress," Scott said.

**SWORKIT.** Cohen and Scott said Sworkit's videos are good for beginners, although they're accessible to anyone with fitness goals. Scott said it's her favorite recent app. "It's free, simple and can be custom-

ized to your body type and specific needs. I love the variety of strength, stretching, cardio, Pilates and yoga options, all with no gym or necessary equipment. It also syncs with MyFitnessPal and Google Fit, among others," Scott said. Free and subscription versions are available.

**SPOTIFY RUNNING.** The music app Spotify has been around for a while, but recently it added a section devoted to runners. It uses an algorithm to create special playlists based on the user's movement. Tracy

Chudnow, chief sweat officer at WheelPower Studio, swears by it.

"This app measures your running pace and then finds songs with a beats-per-minute to match it. For me, it's all about being on the beat and losing myself in the music. This app helps with that," she said. Free or subscription versions are available.

**ZOMBIES RUN!** Need some distraction while exercising? Christian Koshaba, owner of Three60fit Gym, says this interactive game app is fun and offers a high-intensity workout. Users listen to a story and pick from 200 "missions" or create their own interval training. "(Users) gather supplies, plot rescues and survive in the end times while getting in a great workout," he said.

**DAILY WORKOUTS FREE.** For beginners who don't know where to start and aren't ready to commit funds, Lisa Payne, a personal trainer who works with private and corporate clients, likes Daily Workouts Free, a no-frills app. "It's just 10 workouts and covers the basics. It's very short. It's great for people who want to get up early in the morning and get something in," she said.

**FITNESS BUDDY.** For people who want to know the "why" behind their exercise, Payne recommended subscription-based app Fitness Buddy. Not only does it have a multitude of exercises, it shows users the muscle groups being worked and other exercises to compliment the moves, making it very educational. Plus there's a community where users can discuss what they've been doing.

"They may tell you how to do a squat, but also the biomechanics behind it and what I need to improve on, and it gives proper form. Form is really huge, so people don't get injured. It's like having a personal trainer in your house without having to hire one," Payne said.



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PARENTAL  
GUIDANCEHow to tell  
if your child  
is depressedBy BETH WHITEHOUSE  
NEWSDAY/TNS

Depression in kids appears to start as early as age 11, according to a new study published in the journal of Translational Psychiatry.

DREAMSTIME/TNS



**D**epression in kids appears to start as early as age 11, according to a new study published in the journal of Translational Psychiatry. How can parents tell if a child that young is depressed?

"The child may not say, 'I'm sad,' " says Dr. Victor

Fornari, director of child and adolescent psychiatry at Zucker Hillside Hospital in Glen Oaks, Queens, N.Y. Here are signs to watch for:

Depression often begins in children as high anxiety, Fornari says. They may refuse to go to school or may worry about a parent dying. They may have headaches, stomachaches or pretend

to be sick. They may be afraid to fail or be rejected. Things they felt comfortable doing they may not be comfortable doing anymore.

"With 11- or 12-year-olds, usually you look for a change in functioning," Fornari says. It could be a change in sleep habits or appetite or a loss of interest in activities previously enjoyed.

"Irritability can be a hallmark of depression," Fornari says. "Everything annoys them. They fight with the parents. They fight with the siblings." Parents think it's a discipline issue, but at age 11 kids aren't usually so rebellious, Fornari says. "They're having a problem; they're not

being bad," he says.

Children may have negative thoughts about themselves or their bodies.

They may be extremely sensitive to being teased. "When people are feeling bad, comments can really feel like harpoons," Fornari says.

If parents suspect depression, they should contact the pediatrician or family doctor for an evaluation. Talking to the child's teachers can also help, because they may also notice changes in behavior or demeanor. A child can be referred to a mental health professional for cognitive behavioral therapy or medication if necessary.

Tiny implant opens  
way to deliver drugs  
deep into the brainBy LAURAN NEERGAARD  
AP MEDICAL WRITE

**WASHINGTON** (AP)—Scientists have created a hair-thin implant that can drip medications deep into the brain by remote control and with pinpoint precision.

Tested only in animals so far, if the device pans out it could mark a new approach to treating brain diseases - potentially reducing side effects by targeting only the hard-to-reach circuits that need care.

"You could deliver things right to where you want, no matter the disease," said Robert Langer, a professor at the Massachusetts Institute of Technology whose biomedical engineering team reported the research Wednesday.

Stronger and safer treatments are needed for brain disorders ranging from depression to Parkinson's. Simply getting medications inside the brain, past what's called the blood-brain barrier, is a hurdle. It's even harder to reach its deepest structures.

Pills and IV drugs that make it inside trigger side effects as they wash over entire regions of the brain. So doctors have tried inserting tubes into the brain to pump drugs closer to their targets, but that risks infection and still isn't accurate enough. The most targeted success to date is a cancer treatment, a wafer placed on the site of a surgically removed brain tumor that oozes out chemotherapy.

The MIT team's next-generation approach: a customizable deep-brain implant that can deliver varying doses of more than one drug on demand.

The researchers constructed two ultra-thin medication tubes and slid them into a stainless steel needle that's about the diameter of a human hair. That needle, built as long as needed to reach the right spot, gets inserted through a hole in the skull into the desired brain circuitry.

An electrode on the tip provides feedback, monitoring how the electrical activity of targeted neurons change as the medication is delivered.

The needle is hooked to two small, programmable pumps that hold the medications. The plan: Thread the pumps somewhere under the skin for a fully implantable system, dubbed MiNDS for miniaturized neural drug delivery system. The pumps can be refilled with an injection, and if more than two drugs are needed, additional reservoirs could be added like in a printer ink cartridge, Langer said.

Lab rats gave MiNDS its first test.

Researchers implanted the needle into a movement-related brain region that Parkinson's disease damages. To mimic that disease, the implant dripped out a chemical that made the rats move abnormally, including repeatedly turning clockwise. Next, the researchers turned off that chemical and infused saline through the system's second channel, ending the Parkinson's-like behavior, MIT lead author Canan Dagdeviren reported in the journal Science Translational Medicine.

Another experiment in a monkey showed delivering that same chemical into a different region altered how the targeted brain cells fire.

"There's a lot of therapeutic potential for this," said Tracy Cui, a bioengineering professor at the University of Pittsburgh. She wasn't involved with the MIT study but also is developing this kind of technology.

Numerous groups are working on implants to deliver neurologic drugs in different ways, Cui noted. While additional testing is needed before such a system could be tried in people, she said these kinds of tools are important for research thanks to the feedback showing how neurons react to different compounds.

The study was funded by the National Institutes of Health; MIT has applied for a patent.

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Marianas Eye Institute  
"Where Technology Meets Talent"

## IT&E: Fast and reliable

IT&E, like its services and connectivity, is fast and reliable in giving support to the islands' activities and community members.

Just look at the various teams and athletes who have been backed by IT&E through the years and the events the telecommunication company has been helping to promote health and wellness in the CNMI.

From Day 1, IT&E has supported the MP United Football Club, one of the most successful sports teams in the Commonwealth. IT&E also supports billiards, badminton, bowling, baseball, canoe/paddling, basketball, and Little League teams and individual athletes like Frank "The Crank" Camacho and Zarinae Sapong.

Some of these athletes and squads have brought honor to

the islands and help inspire others to get involved in sports, not only to savor the sweet taste of victory, but also to improve themselves physically and mentally. IT&E values the hard work and dedication these athletes and teams put in during trainings and tournaments so the company is quick to step up and help them succeed and make a difference in the community.

As for community events it supports, IT&E is a familiar fixture in the Marianas March Against Cancer, numerous walk-athons and fun runs, and health screening projects and seminars conducted by both the private and public sectors. The company also strongly encourages its employees to participate in these activities to learn the benefits of being active and being aware of their personal health and wellness.

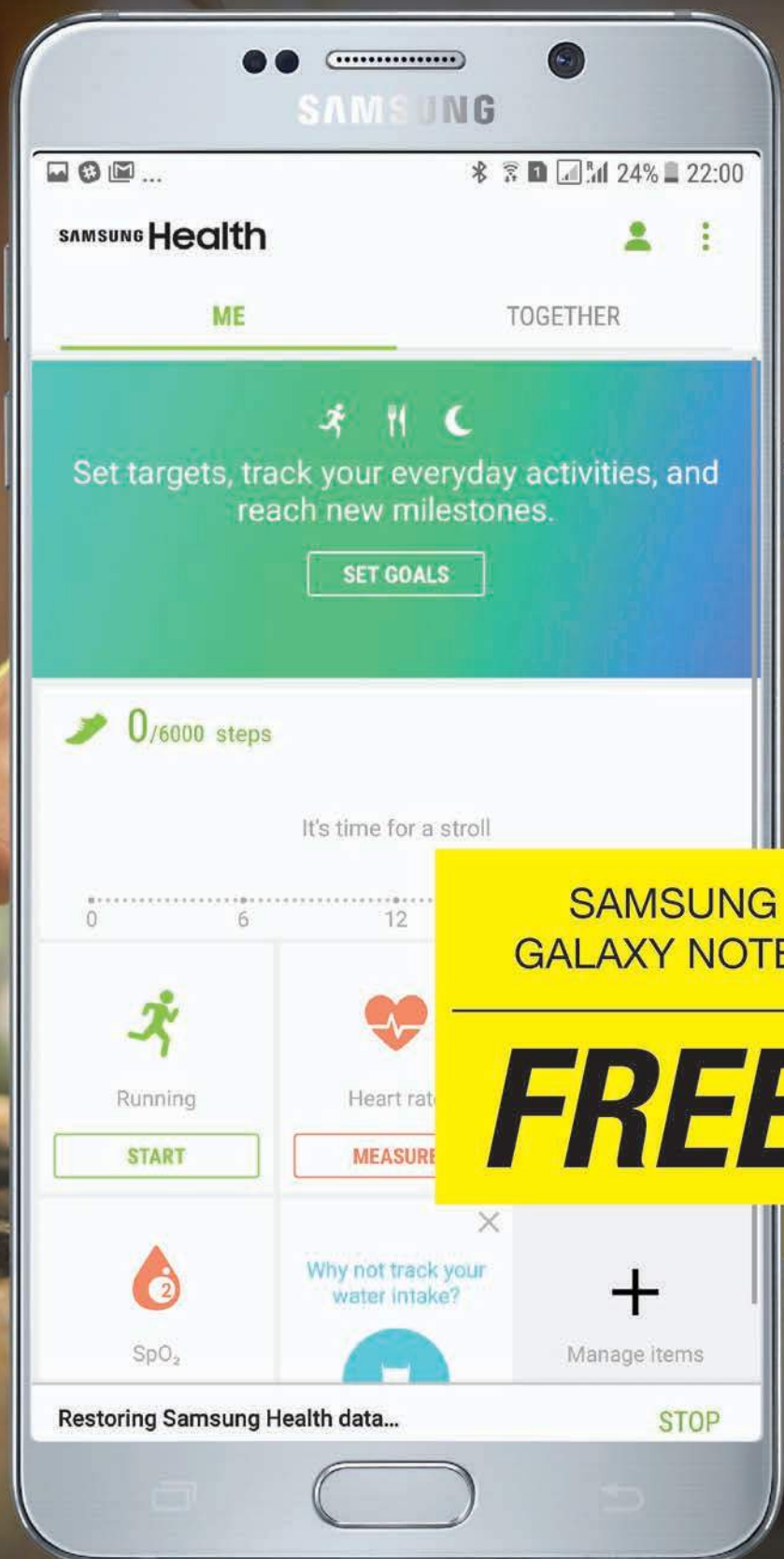


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# Commitment to Health

**T**an Siu Lin Foundation is dedicated to helping the CNMI build a healthier community.

To honor this commitment, the foundation launched various programs that aim to promote health and wellness not only among TanHoldings employees, but also to the entire residents of the Commonwealth—young and old.

The foundation, for the past two years, has sponsored the Lose Big Win Big competition, both for the Corporate Edition (TanHoldings employees) and Saipan Edition (open to the community). During the competition, participants are engaged in a lose weight program, learning about proper nutrition and going through regular exercises and other activities through the help of TSL Foundation's partners in the LBWB contest.

The foundation also holds an annual sports summer camp for the youth and the JP Glow Run and have volleyball and basketball tournaments for TanHoldings employees. Aerobics classes are also offered after office hours, while employees are given free access to a gym in of the hotel affiliates of TanHoldings. Then the foundation also supports the TanHoldings Family Day, bringing employees and their families together for lots of fun activities.

As for the community, the TSL Foundation backs teams that compete in futsal, baseball, padding, soccer, softball, bowling, and badminton tournaments. It also supports fun runs, walkathons, and other events that encourage people to go out and enjoy outdoor activities.

Whether they are competitive sports competitions or just for fun events—the foundation hopes that people in the CNMI will realize how these activities can help one achieve a good health.

"Health is one of our most important assets. We can't do our responsibility well as students, teachers, employees, employers, parents, coaches, athletes, and others if we are sick and not feeling well," TSL Foundation general manager Merlie Tolentino said.

"A simple activity, such as walking, can go a long way as far as our goal of achieving good health is concerned," she added.

As for being an ardent supporter of sports, Tolentino explained that through playing games, the foundation believes that CNMI youth learn skills and lessons that they can also apply in their daily lives and help them become better and productive members of the community.





EXPAND  
YOUR  
MIND

CREATE  
BALANCE

STRENGTHEN  
YOURSELF

FUEL  
YOUR  
BODY

FEED  
YOUR  
SOUL



Tan Holdings



Tan Siu Lin  
Foundation

**D**ina Juve, a rising star in Fresno's health and fitness community, didn't always have a sculpted body, a taste for healthy foods or a positive attitude.

At one time, she was known as the fast food queen, weighed 202 pounds, and was an 18-year-old single mom. She suffered from juvenile arthritis and autoimmune disease. She was in physical pain most of the time, depressed and had little energy to keep up with a toddler.

"I sat on the couch on day, looked at him and just started crying," says Juve. "I didn't want him to see me like this, I wanted him to be healthy and happy."

It was a low point for Juve, but also the beginning of what would become her new life. She gave up sugary soda and eating fast food. She focused on healthier, minimally processed food. After a while, she also began to exercise. She stayed out of the health clubs in favor of her VCR at home and exercise tapes of Buns of Steel and Tae Bo.

"I was too embarrassed to go to a gym; I did not want people to see me trying," she says. "What if I failed?"

Except Juve didn't fail. She got stronger, she got healthier and she became a new person. She immersed herself in the study of nutrition and exercise, earning certifications in kettle bells and TRX—a band resistance program. She's a battling ropes coach, Barre instructor and a weight-loss specialist, counseling clients on how to live and maintain a healthier lifestyle. She dropped 90 pounds and her weight these days ranges between 110-114.

Along with her business partner, Melissa Oberti, she also founded FitnessSocial, a northeast Fresno fitness studio with a growing following.

Juve, who admits to living comfortably outside of the spotlight, was thrust into the public eye by friends and clients. With their encouragement she rose to national prominence after being selected one of five women vying for Women's Health 2015 Next Fitness Star. She appeared in the July/August issue of Women's Health magazine. Although she didn't win, she appeared on the "Today" show twice and made many valuable connections.

Today, the 43-year-old wife and mother of four is in demand as a public speaker, cooking instructor, and weight-loss expert. She has a spot on the Patio Cafe's menu under the label Dina's Picks where she and restaurant owner Robyn Richardson have come up with menu items that are under 550 calories. And this year Juve will be speaking at Central California Women's Conference on Sept. 19. Her topic is "Real Fast Food."

Friends say they aren't surprised that Juve has become a health and fitness guru.

"People talk about finding their



Dina Juve, owner of Fitness Social, is photographed Monday, April 3, 2017 in Fresno, Calif.

ERIC PAUL ZAMORA/FRESNO BEE/TNS

## Fitness guru has 10 tips for people unhappy with their weight. Why? She's been there

By ROBERT RODRIGUEZ  
THE FRESNO BEE/TNS

passion or their calling and for Dina it is fitness and nutrition," says K.C. Cornwell. "I really think that Dina was put on the planet to make people feel better about themselves."

Hillori Hansen, culinary director for Whole Foods Market Fresno, has tapped Juve to lead several cooking classes. Recently, Juve and Hansen taught a class on how to make a healthier hamburger using five ingredients or fewer.

"One of things that people love about Dina is that she is real, she has gone through struggles in her life and has overcome them," Hansen says. "I can see her taking her message to a national stage."

That may be happening as Juve explores writing a book and more speaking engagements.

"This is a whole new life for me," Juve says. "But it is one that allows me to share my story and help others become healthier and happier."



SILVIA FLORES/FRESNO BEE/TNS

Fresno's newest health and fitness guru, Dina Juve, 44, right, leads a class on how to create a healthy hamburger with Chef Hillori Hansen on Thursday, April 20, 2017, at Whole Foods, in Fresno, Calif. Along with owning a fitness studio, Juve is also a popular guest speaker, motivator and healthy food advocate.

of water per day. I find that when my clients have water before eating they tend to eat less.

**3 Stick to whole, real food.** Avoid foods that are heavily processed or contain large amounts of artificial sweeteners, dyes or chemicals. Try to eat foods with ingredients you can pronounce. Think fresh fruits, vegetables, complex carbohydrates, and animal- and plant-based proteins.

**4 Add healthy fats from fish, avocado, olives, nuts and tropical oils.**

Nuts have a lot of health benefits and help you lose fat by improving metabolism, balancing hormones and eliminating constant cravings by keeping you feeling full longer. Healthy fat calories do add up quickly, so be mindful of portion sizes if you are trying to lose weight.

**5 If you crave something, eat it—guilt free—just don't overdo it.** Eat the serving size, enjoy it, savor it and be done with it. If your indulgence doesn't satisfy you, ask yourself why. Are there other things going on in your life that need to be addressed?

**6 Avoid categorizing foods with words like good or bad.**

Negative words make you feel bad about yourself and that's not helpful. Aim to eat foods that give you energy and not make you sluggish.

**7 Mindful eating.** Eat when you are hungry and do not eat when you are not. We have gotten into a routine of eating on a schedule, even when we are not actually hungry, or we skip meals. Try listening to your body. When you pay attention to your body, you will find yourself fueling your body and using that fuel before you eat again.

**8 Slow down when you eat. Try to take 20-30 minutes to eat a meal.**

Put your silverware down between bites. Try to chew your food fully. You will most likely find yourself eating less. Try to not eat when you are stressed, anxious, angry or rushed because this can be the cause of overeating.

**9 Aim to eat the rainbow by adding more fruits and vegetables.**

The more colorful your plate looks the more appetizing it will appear to your eyes. It will also most likely ensure that you will receive the vitamins and minerals your body needs.

**10 Yes, you can still eat out and have the body you desire.**

You just have to balance it like a checking account. If you overeat the debt will show up on your body. If you do not go out to eat, stay at home and do not enjoy life, that's not creating a long-term healthy enjoyable lifestyle you can maintain. We call that a diet and diets don't last long term. A healthy eating lifestyle has variety and it includes occasional indulgences. You know you have the plan that works best for you when you feel, move and look your very best. It really is not as hard as it seems.



SILVIA FLORES/FRESNO BEE/TNS

A healthier version of a hamburger by Fresno's newest health and fitness guru, Dina Juve, on Thursday, April 20, 2017, at Whole Foods, in Fresno, Calif.

To help you get started on living a healthy life, Juve has come up with 10 tips to follow:

**1 Before embarking on a change in your diet, ask yourself why you are doing it.**

If you can dig deeper than just vanity, you are more likely to be successful. If you don't know why you are doing it, chances are you won't continue to truly live a healthy lifestyle. If you are doing it to feel better, have more energy, for health reasons, to be around for your children and grandchildren, etc., then you stand a better chance of success.

**2 Drink water.** Every system in your body depends on water. My recommendation to my clients is to drink 16 ounces of water before each meal and snack to keep it simple. On average, try drinking 48 to 96 ounces



Susan Pinto of Rebel in Chestnut Hill models a My Dog Is My Spirit Animal tank.

MICHAEL BRYANT/PHILADELPHIA INQUIRER/TNS

# Wear your good intentions to the gym

By **ELIZABETH WELLINGTON**  
THE PHILADELPHIA INQUIRER

These days, spreading good workout vibes is about more than giving high fives at the gym.

## THE TRENDLET

One-word mantras—"Breathe" and "Peace"—along with sweet-spirited messages (Think: "Love is the answer" and "Good vibes only") are front and center on tanks and midriff Ts in this new year, new-you season.

## WHERE DOES IT COME FROM?

Our workout clothing has been in the midst of reform for some time, but the unwritten uniform for the last five years has been a tank with built-in bra from Lululemon or Under Armour, paired with tights. And, depending on your workout, snazzy sneakers for spinning or running, or simply a pair of

UGGS if you're on your way to yoga.

Within the last two years, a few things happened. More workout studios—whether core-building barre or Pilates, or cardio-training spin—have incorporated mini-boutiques.

Entrepreneurs, from the creators of Spiritual Gangster to Alo, who once sold their graphic print Ts solely through Instagram and Facebook, are being welcomed into brick-and-mortar spaces. And at the same time, spiritual messaging is being phased into not just our workout clothes, but onto the long-sleeve Ts we pair with skinnies and blazers on mall jaunts or when out to brunch. In other words, breathing deeply is not something we need do only at yoga.

## WHO IS WEARING THEM?

Beyonce, Lea Michelle, Brittany Spears, hip-hop yogi Russell Simmons—and your everyday yoga teacher, neighborhood barista, and bartender.

Should you wear them?

Only if you are truly trying to live a more peaceful life. Wearing a love tank while flying into a road-rage moment is just, well, a bit hypocritical.

# CHILDREN'S MENTAL HEALTH MATTERS

## HALI' INAGUAIYA - SYSTEMS OF CARE

### DID YOU KNOW...

- 20% of adolescents may experience a mental health problem in any given year.  
- World Health Organization (WHO), 2003
- Stigma prevents families from seeking help. Too often families are blamed for their child's illness.  
- Substance Abuse and Mental Health Service Administration (SAMHSA)
- Mental illness in children and adolescents are real and can be effectively treated, especially when identified and treated early.  
- World Health Organization (WHO), 2018

### SYSTEMS OF CARE IS HERE

- As a coordinated network of community-based services and support for children, youth and their families with or at risk of emotional and behavioral challenges
- To foster partnerships with families to improve mental health outcomes for children and youth.



### WHAT SERVICES DO WE OFFER

- Natural Helpers Program
- Mental Health First Aid (MHFA) Certification
- Family & Youth Mental Health Workshops
- Behavioral Counseling/Therapy
- Wraparound Process



**FOR MORE INFORMATION**

#### Community Guidance Center - Systems of Care

Call us at: (670) 664.4604/05 to 09 or  
visit our office located at: Beach Road, Oleai  
(Alexander Realty Bldg., 1st Floor)

**Funded by: SAMHSA Children Mental Health Initiative - Systems of Care**



## QUINN ON NUTRITION

# Nutrition helps diabetes

By BARBARA QUINN  
THE MONTEREY COUNTY HERALD/TNS

Here's something to get our attention as we head into a New Year: Half of our U.S. population is now estimated to have diabetes or are headed that way with a condition called pre-diabetes.

Along with this scary news is the good news that—because of how we take care of this disease—diabetes-related complications have declined over the past 20 years. And a big part of that care has to do with nutrition, according to a new review of evidence from the Academy of Nutrition and Dietetics.

Medical nutrition therapy (MNT) is specialized nutrition treatment for people with diabetes and other medical conditions. Strong evidence shows that several visits with a registered dietitian nutritionist (RDN) after getting a diabetes diagnosis is an essential part of managing this condition.

What's the best diet for diabetes? No one "diet" is recommended, say experts. Diet plans must be tailored to the type of diabetes, medications and individual health goals. For example, a 13 year-old athlete with type

1 diabetes who requires several shots of insulin each day needs a different nutrition plan than a 60 year-old bus driver with type 2 diabetes.

That said, these evidence-based recommendations can be helpful for any person with diabetes or pre-diabetes:

**Control carbohydrates.** Carbs are sugars and starches in foods such as fruit, bread, sodas and all those leftover holiday goodies sitting on your counter. Since too many carbs at one time can spike blood sugars into the danger zone, people with diabetes need to space their carbs throughout the day. And people with type 1 diabetes must learn to balance their carb intake with the right amount of insulin.

**Set a goal for fiber intake.** Dietary fiber is found in foods of plant origin such as vegetables, fruit, whole grains, nuts and legumes. And if you think it's easy to reach current recommendations for fiber intake, start tracking how much fiber you get in a day. (It's listed on food labels.) The general goal for adult women and men is 25 and 35 grams a day, respectively.

**Don't rely too heavily on sugar substitutes.** Research shows they can safely help us cut extra sugar and calories from our diets. That still doesn't mean we should eat a



Nutrition helps with diabetes.

VICTORIA SHIBUT/DREAMSTIME/TNS

whole sugar-free pie, however.

Eat like your heart depends on it. It does, especially if you have diabetes. Heart disease is the main cause of death in people with diabetes. Strong evidence finds that eating foods with more unsaturated fats like fish, vegetable oils, avocados and nuts and cutting back on foods high in saturated

fats like heavy meats and butter helps protect hearts and arteries.

Move it, move it! Exercise is the most powerful medicine to prevent and control type 2 diabetes. And this medicine should be spread over at least 3 days a week, say experts. For best results, be active at least 150 minutes a week and don't skip the

dose for more than 2 days in a row.

Barbara Quinn is a registered dietitian and certified diabetes educator affiliated with Community Hospital of the Monterey Peninsula. She is the author of "Quinn-Essential Nutrition" (Westbow Press, 2015). Email her at [barbara@quinessentialnutrition.com](mailto:barbara@quinessentialnutrition.com).



## This runner finished a marathon at Olympic pace, she's 50

By JOSHUA TEHEE  
THE FRESNO BEE/TNS

It's odd to think Molly Friel might not be in her prime.

She is, without a doubt, an elite-level runner. She can (and has) finished marathons in less than three hours. That's a pace of just over six minutes a mile.

At the California International Marathon in December, the Fresno runner finished in 2:43:57—a time that qualifies her to compete in the 2020 Olympic Marathon Trials.

She is the second-oldest woman ever to qualify for the trials, according to a profile in Runner's World. Sister Marion Irvine earned a spot at the 1984 Olympic Trials at age 54, though the times needed to qualify at the time were minutes slower.

It's not the first time Friel has qualified for the Olympic trials. She ran in the 2004 team trails, placing 87th out of 107 runners, including bronze medal winner Deena Kastor. She qualified again in 2016, com-

ing back from a series of injuries that prevented her from running in 2008 and 2012.

"I started back running in my mid-20s and ran the Olympic Trials when I was 36," Friel told Northeast Neighbors in 2016.

"It took me a good 10 years to find the groove, I guess."

She keeps that groove by running a lot—like 60 miles in a bad week—even if she doesn't get up at the crack of dawn to do it, according to the breakdown of her training in Runner's World. It's light on stretching, which she can't stand.

If Friel is extraordinary, she isn't unique. In 2011, a study found that older runners were as physiologically economical as their younger counterparts, according to the New York Times. Older runners can still be (and are) fast, especially over long distances. For instance, Ed Whitlock became a bit of a rock star in the running world when he finished the Toronto Waterfront Marathon in 3:56:34 at age 85.

Molly Friel of Fresno, Calif., competes in a 2014 file image. At 50, she is the second-oldest woman ever to qualify for the Olympic Marathon Trials.

MARK CROSSE/FRESNO BEE/TNS

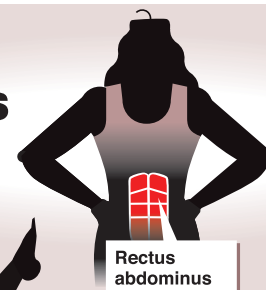
### Personal Trainer

#### Best exercises for abs

In a scientific study comparing 13 exercises for the "six-pack" abdominal muscle, rectus abdominus, these were the most effective.

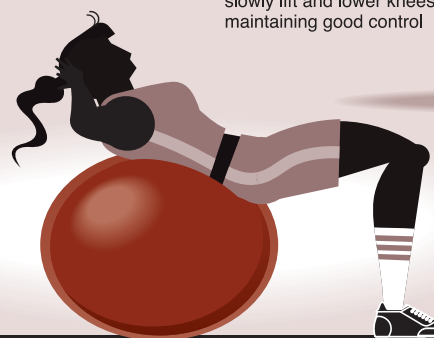
##### Bicycle maneuver

Lie on back; lift knees to 45-degree angle; make pedaling motion, touching each knee with opposite elbow



##### Captain's chair

Done on common piece of gym equipment; slowly lift and lower knees together, maintaining good control



##### Crunch on exercise ball

Sit with feet flat; slowly roll until ball is under lower back, thighs and trunk are horizontal; raise upper body to 45 degree angle or less, then lower

Source: American Council on Exercise, San Diego State University Biomechanics Lab  
Graphic: Helen Lee McComas, Paul Trap, Tribune News Service

This advertorial is sponsored by Tan Siu Lin Foundation

  
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## What is a Developmental Screening?

### A SCREENING CAN

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- Identify children who would benefit from Practice or Support in Specific Areas
- Identify children At Risk for Developmental Delays who should be Referred for further evaluation


If you or anyone you know has concerns about your child's development, please contact the Children's Development Assistance Center (C\*DAC) for FREE SCREENING at **664-4841**.


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Centering Pregnancy is a program that incorporates **prenatal care visit, education and support** for pregnant women in a group setting.


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Centering Pregnancy Location: WIC Clinic, Navy Hill Saipan • Contact Information: CHCC Maternal & Child Health Program

## Healthy choices

### Spanish Egg-White Omelet

311 Calories

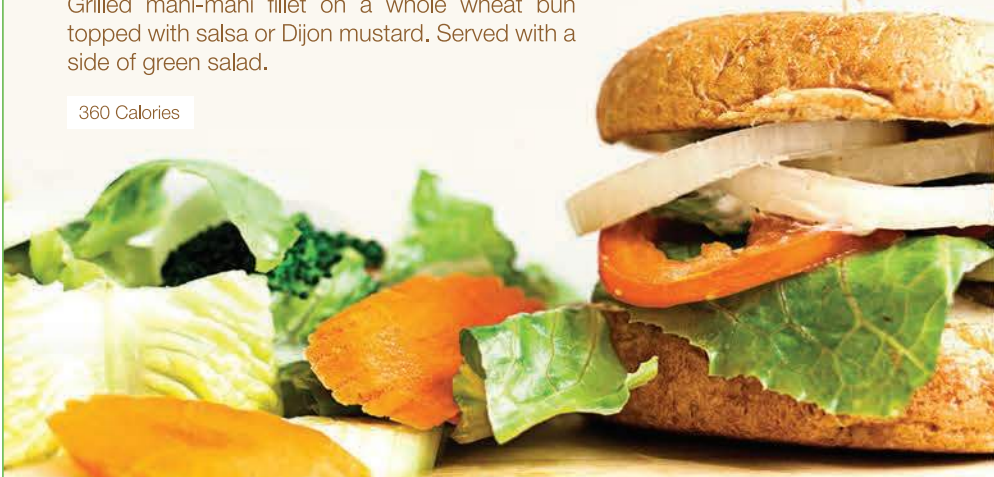
A primary egg-white omelet stuffed with a tasty vegetarian selection of red and green bell pepper, bean sprout, tomato strips, sliced mushroom and onions. Served with wheat toast.



### Grilled Mahi-Mahi Sandwich

360 Calories


Grilled mahi-mahi fillet on a whole wheat bun topped with salsa or Dijon mustard. Served with a side of green salad.



### Grilled Chicken Sandwich

431 Calories


Grilled chicken on a whole wheat bun topped with a salsa or Dijon mustard. Served with a side of salad.



### Shrimp Kelaquen

400 Calories



Shrimp sautéed in coconut milk, ginger, and hot pepper mixed with fresh grated coconut. Served with lettuce.



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# PROTECT OUR CHILDREN FROM DANGEROUS VACCINE PREVENTABLE COMMUNICABLE DISEASES

## VACCINES ARE A SAFE, ECONOMICAL, AND EFFECTIVE FORM OF PREVENTION FOR GOOD HEALTH

At Public Health, our job is to prevent our community from getting sick. If you go to the hospital you are already sick and need treatment. Public Health aims to prolong life and promote human health through prevention efforts, intervening before you get sick. This why we can go out to eat at a restaurant or shop at a store with a reasonable expectation not to get sick. Just like when we send our children to school, we have a reasonable expectation that they will not catch a disease and get sick.

The mission of the Division of Public Health Immunization Program is to prevent the introduction and spread of vaccine preventable communicable diseases. The Immunization Program is part of a team of dedicated men and women whose job is to prevent communicable diseases from infecting our community, including our schools. Getting our children vaccinated or obtaining a valid health certificate can sometimes be inconvenient, but protecting our children against vaccine preventable diseases contributes to their future health plus it benefits us all.

If your child is not up to date with required immunizations needed to attend school or daycare, please bring your child to one of our Public Health immunization clinics or a private provider clinic to get vaccinated.



### §140-10.3-365 VACCINATION AND IMMUNIZATION

No child shall be enrolled in any public or private school within the Commonwealth unless evidence is presented to the enrolling officer that the child has had all such vaccinations or immunizations Public Law 6-10.

### §140-20.4-201 HEALTH CERTIFICATES

Any person who desires to work in, or attend, a school/child care facility shall be physically examined by the Division of Public Health or a licensed physician in private practice and shall be issued a health certificate stating that the applicant employee or student is free of pathogens and parasites and other forms of communicable diseases under Public Law 6-10, article 6, §§ 1161-1165



### § 1163 IMMUNIZATIONS

Every parent of a child already enrolled in a Commonwealth school, public or non-public, whose child's health records show incomplete immunizations, shall be required to initiate remedial action within two weeks following notification of the immunization deficiency. Failure to comply shall be grounds for suspension of the child from school until immunization standards have been met. Source: PL 6-10 § 1 (§1560)



**A DISEASE ANYWHERE IS A THREAT EVERYWHERE.  
HEALTHY CHILDREN = HEALTHY STUDENTS!**



Contact the Immunization Program at the Division of Public Health:

**Saipan: 236-8745 | Tinian: 433-9233 | Rota: 532-9457**

Other Nos.: 236-8708/8780/8784

**BEE WISE...IMMUNIZE**



For more information, visit [www.cdc.gov.vaccines](http://www.cdc.gov.vaccines)

# Island Snapshots



## IMPACT MEETING

The Commonwealth Advocates for Recovery group pose for a photo after their 3rd Annual Impact meeting last week at the Office of the Governor conference room.

KIMBERLY A. BAUTISTA



MVA

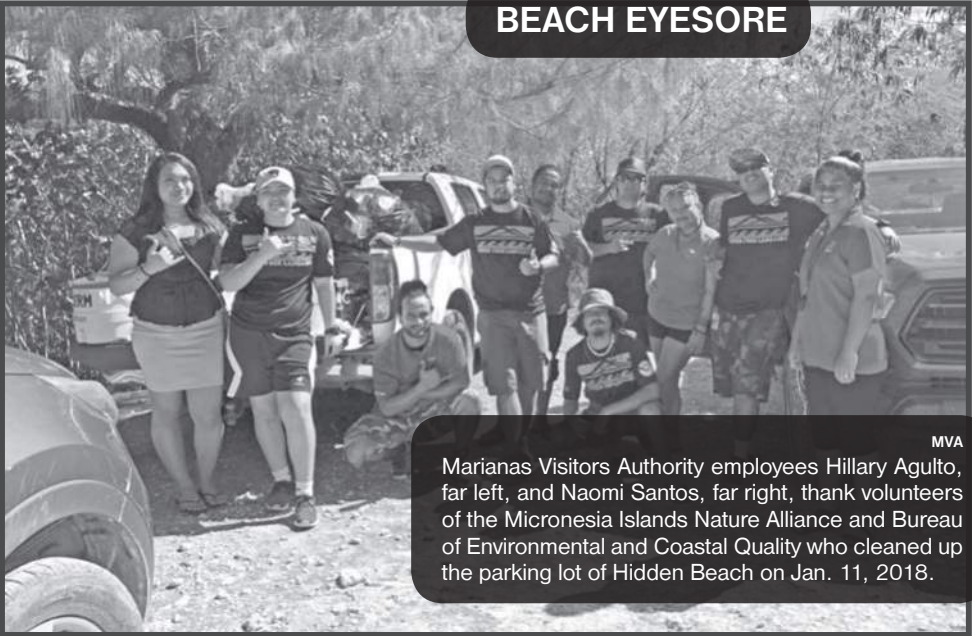
Two hundred lbs of bottles, cans, and other trash are scattered on the parking lot of Hidden Beach on Jan. 2, 2018, during one of the highest visitor periods of the year.



## JOB FAIR

KIMBERLY A. BAUTISTA

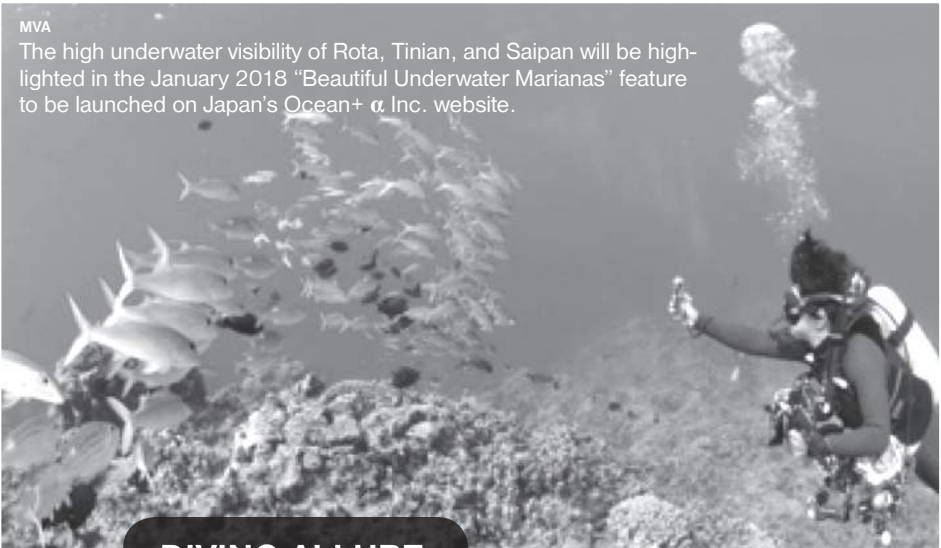
Students apply for various jobs with different companies during the Cooperative Education program's job fair at the Saipan World Resort's Royal Taga Hall last week. Over 70 students attended the job fair.



## BEACH EYESORE

MVA

Marianas Visitors Authority employees Hillary Agulto, far left, and Naomi Santos, far right, thank volunteers of the Micronesia Islands Nature Alliance and Bureau of Environmental and Coastal Quality who cleaned up the parking lot of Hidden Beach on Jan. 11, 2018.



MVA

The high underwater visibility of Rota, Tinian, and Saipan will be highlighted in the January 2018 "Beautiful Underwater Marianas" feature to be launched on Japan's Ocean+ α Inc. website.

## DIVING ALLURE

MVA

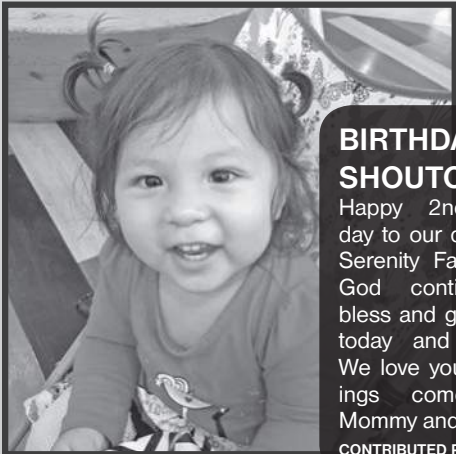
Jetovator and other water activities on Rota, Tinian, and Saipan will be highlighted in the January 2018 "Beautiful Underwater Marianas" feature to be launched on Japan's Ocean+ α Inc. website.



## TRADES TALK

CONTRIBUTED PHOTO

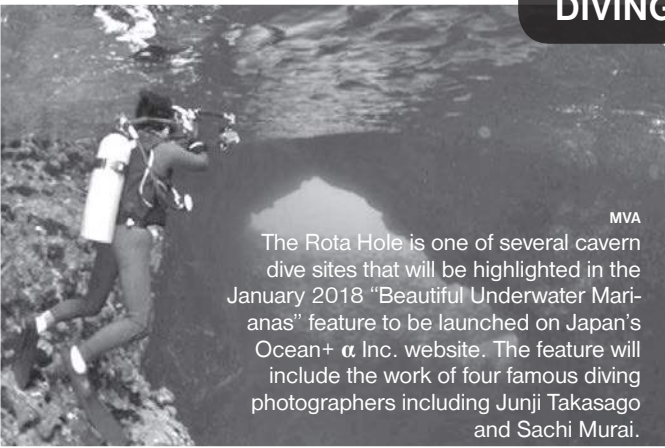
Rep. Angel A. Demapan (R-Saipan), center, met this week with key leaders of the Northern Marianas Trades Institute to discuss ongoing efforts to train and place U.S. citizens in the Commonwealth's workforce. Pictured with Demapan are, from left, Ross Manglona, director of Continuing Education & Apprenticeships; Vic Cepeda, director of External Relations & Safety Officer; Agnes McPhetres, NMTI chief executive officer; and David Attao, director of Finance and Administration.



## BIRTHDAY SHOUTOUT

Happy 2nd birthday to our daughter, Serenity Faith! May God continue to bless and guide you today and always! We love you. Greetings come from Mommy and Daddy.

CONTRIBUTED PHOTO



MVA

The Rota Hole is one of several cavern dive sites that will be highlighted in the January 2018 "Beautiful Underwater Marianas" feature to be launched on Japan's Ocean+ α Inc. website. The feature will include the work of four famous diving photographers including Junji Takasago and Sachi Murai.

## Life & Style

# Rapper Nelly, fan file competing versions of sex encounter

**SEATTLE** (AP)—Rapper Nelly is fighting back against a lawsuit that alleges he raped a fan on his tour bus after a performance in Seattle last year and sexually assaulted two fans in England.

Nelly filed court papers Friday in King County Superior Court denying the allegations and seeking to have a Jan. 22 amended complaint against him dismissed.

The complaint says Nelly raped a fan last October in his bedroom on the tour bus and sexually assaulted two women after performances in England in June 2016 and December 2017.

Nelly denies all allegations.

In court documents obtained by The Associated Press, Nelly says the encounter on the tour bus after a performance at a Seattle night club was consensual and the woman became upset only when another person entered the bedroom to use the bathroom.

Nelly's court filings were first reported by the celebrity website TMZ.com.

His attorney, Scott Rosenblum, said Saturday in an emailed statement to The



In this March 13, 2015 file photo, rapper Nelly approaches the stage for a concert in Irbil, northern Iraq.

AP

guard came to the door, the lawsuit says.

The second woman alleges that Nelly trapped her in a bathroom, masturbated in front of her and tried to force her to perform oral sex before she got away, court papers say.

One alleged incident occurred in London and the other in Essex, Koehler said.

"He's got a career to save but my job is to make sure that he doesn't try to save his career at the expense of an innocent young woman," she said of her Seattle client.

"This isn't funny. This is a real nasty litigation that's going on now. ... They have chosen to go after her in a way that I have never really seen," Koehler said of the woman.

Nelly was arrested on his tour bus in a suburban Seattle Wal-Mart parking lot in October after the woman called 911 from the parking lot to report an alleged rape.

## Jeremy Piven faces, denies more misconduct allegations

**LOS ANGELES** (AP)—Jeremy Piven, who has strongly denied allegations of sexual misconduct from at least three women, is facing further accusations that date back decades, an online news site reported Saturday.

Three additional women claim Piven acted in a physically aggressive or threatening manner, BuzzFeed News reported in a story that included the actor's rejection of the allegations as "false."

The women said they were speaking out because of frustration over Piven's previous denials.

One incident allegedly involved a high school student working as an extra in 1985 on Piven's first film, "Lucas,"

AP that the allegations are "completely fabricated" and a "money grab" by the woman.

The woman's attorney, Karen Koehler, said in a phone interview with The

AP on Saturday that the two women who allege they were assaulted in England by Nelly contacted her after reading about her client's case.

The two women are named

as Jane Doe 1 and Jane Doe 2. One is American and was posted in England with the U.S. military when the alleged incidents happened. The other woman is British.

One woman alleges Nelly slid his hand under her dress and attempted to keep her from leaving a room. She was able to leave when a security

when he was 17. The other encounters took place in the 1990s, BuzzFeed said.

Two of the women are identified in the BuzzFeed story. The third, described as an executive with an international organization, asked that her name be withheld, the website said.

A publicist who had been representing Piven referred requests for comment to his manager at Silver Lining Entertainment in Beverly Hills. A call to the company's listed phone number by The Associated Press wasn't answered Saturday night.

A lawyer representing

Piven didn't immediately respond to an emailed request for comment.

One woman told BuzzFeed that Piven followed her into a set trailer, held her down and attempted to grope her. She fended him off and fled, she said.

Another said she met Piven in 1996 when he was appearing on the Ellen DeGeneres sitcom "Ellen" and she was an extra. She described a consensual romantic encounter at Piven's home that changed when he allegedly exposed himself and tried to force himself on her, BuzzFeed reported.

the Hollywood cover once we learned of the misconduct allegations against him," the magazine said in a statement.

Representatives for Franco did not immediately return an email request for comment Friday.

This year's issue, with photos shot by Annie Leibovitz, also features Nicole Kidman, Tom Hanks, Gal Gadot, Jessica Chastain, Robert De Niro, Michael B. Jordan and Claire Foy, among others.

The third woman alleged that Piven pushed her against a hotel room wall in Montreal in the early 1990s and attempted to force himself on her, BuzzFeed reported.

The Associated Press withheld the names of the two women identified in the story because it does not typically name people who say they were targeted by sexual misconduct unless it has their consent.

In a statement to BuzzFeed, Piven said the claims "are false. ... I have never forced myself on anyone, nor have I ever exposed myself or restrained anyone against their will. To the contrary, if any woman ever said no, I stopped."

Winfrey and Witherspoon had some fun over the Twitter flurry, with Witherspoon tweeting at Winfrey: "Well...I guess everybody knows now...I have 3 legs. I hope you can still accept me for who I am. ??(and I will never apologize for snuggling @Oprah .. if you get the opportunity, I highly recommend it;)"

To which Winfrey responded: "I accept your 3d leg. As I know you accept my 3d hand?????????????"

## Vanity Fair regrets extra limbs for Oprah, Reese Witherspoon

**NEW YORK** (AP)—Social media sleuths had a field day Friday at the expense of Vanity Fair over what appeared to be digital manipulation of the magazine's cover spread on Hollywood that lent what looked to some like a third leg for Reese Witherspoon and an extra hand for Oprah Winfrey.

The magazine responded on Twitter with an apology for an "error" in regard to Winfrey. As for Witherspoon, Vanity Fair said the third leg was ac-

tually the lining of her dress.

Vanity Fair did not use the "P" word—Photoshop—but said the Winfrey image will be updated on the magazine's Web site.

And then there's James Franco, who was excluded from the annual celebration of top stars in Hollywood after accusations of sexual misconduct from five women surfaced.

"We made a decision not to include James Franco on



Piven

## Wynn Resorts shaken by misconduct claims against founder

**NEW YORK** (AP)—Wynn Resorts is denying multiple allegations of sexual harassment and assault by founder Steve Wynn detailed in a Wall Street Journal report that sent shares of the casino company tumbling more than 10 percent Friday.

The paper reported that a number of women say they were harassed or assaulted by the casino mogul and finance chair of the Republican National Committee.

One case led to a \$7.5 million settlement with a manicurist, the paper reported. The detailed report relies on interviews with dozens of people who corroborate a decades-long pattern of sexual misconduct with female employees.

The company says it is committed to operating with the "highest ethical standards and maintaining a safe and respectful culture." In a statement sent to The Associated Press, it called the allegations part of a smear campaign related to divorce proceedings from Wynn's ex-wife.

Wynn also denied the allegations personally.

Wynn, who is chairman and CEO of the company he founded, is a titan in Las Vegas and played a major role

in the revitalization of the Las Vegas Strip in the 1990s. It was Wynn's company that built the Golden Nugget, The Bellagio and Mirage Resorts in the heart of the town.

A wave of sexual misconduct claims against prominent figures in entertainment, media and politics gained momentum last fall in the aftermath of articles detailing movie producer's Harvey Weinstein's decades of alleged rape and harassment. But Wynn is the first CEO and founder of a major publicly held company to come under scrutiny since the Weinstein allegations surfaced.

There appeared to be immediate business implications for the casino magnate. The Massachusetts Gaming Commission said Friday it is launching a review following the allegations published by the Journal. Spokeswoman Elaine Driscoll said the commission's investigations and enforcement bureau will conduct a regulatory review to determine the appropriate next steps, adding "the suitability and integrity of our gaming licensees is of the utmost importance."

Wynn is building a roughly \$2.5 billion resort in the Boston suburb of Everett.

# Hollywood star Yeoh calls Rohingya condition 'despicable'

**COX'S BAZAR, Bangladesh** (AP)—Hollywood star Michelle Yeoh says she's appalled by the plight of the hundreds of thousands of Rohingya Muslims who have fled violence in Myanmar into Bangladesh.

Yeoh, a goodwill ambassador for the U.N. Development Program, visited sprawling refugee camps in Bangladesh's Cox's Bazar on Saturday as part of a Malaysian delegation led by the Southeast Asian nation's military chief. The team visited a hospital set up by Malaysia and distributed relief goods in another camp.

"It is very important that we're here, because what the

Rohingya people are going through is despicable and it's very, very tragic. It should not be allowed," she said. "Every single one of them deserves to have the human rights that should be given to them."

Nearly 700,000 Rohingya have fled Myanmar since August in what the U.N. has described as ethnic cleansing. Myanmar's military has denied the charges, saying they were conducting "clearance operations" following attacks by Rohingya insurgents on police posts.

Yeoh was most recently seen in sci-fi TV series "Star Trek: Discovery." She also played Myanmar's civilian leader Aung San Suu Kyi in



AP  
Malaysian actress Michelle Yeoh, right, with Malaysian Armed Forces Chief Gen. Raja Mohamad Affandi, talk to a Rohingya refugee during their visit at Balukhali refugee camp near Cox's Bazar, Bangladesh, Saturday, Jan. 27, 2018.

"The Lady," a 2011 biopic about the Nobel Peace laureate struggle to bring democracy to her country.

Suu Kyi has faced widespread international criticism for not speaking out in defense of the Rohingya. Former New Mexico Gov. Bill Richardson resigned from an advisory panel on the crisis this past week, calling it a "whitewash and a cheer-leading operation" for Suu Kyi.

## First lady's rep blasts 'false' reports about Melania Trump

**WASHINGTON** (AP)—First lady Melania Trump's office is fed up with speculation about marital strife in the White House.

Mrs. Trump's spokeswoman, Stephanie Grisham, took to Twitter Friday to blast "flat-out false reporting" about the first lady that has emerged in recent days.

"BREAKING," she wrote. "The laundry list of salacious & flat-out false reporting about Mrs. Trump by tabloid publications & TV shows has seeped into 'main stream media' reporting."

Grisham added that Mrs. Trump is focused on her family and role as first lady, "not the unrealistic scenarios being peddled daily by the fake news."

The tabloid Daily Mail reported Friday that Mrs. Trump has spent a number of nights at a D.C. hotel in the wake of

reports of allegations by adult film star Stormy Daniels that she had an affair with Donald Trump in 2006, shortly after he married Melania.

The *Wall Street Journal* reported that Trump's personal lawyer brokered a \$130,000 payment to Daniels in October 2016 to prohibit her from publicly discussing the alleged affair before the election. Daniels, whose real name is Stephanie Clifford, has scheduled an appearance on ABC's "Jimmy Kimmel Live!" following the president's State of the Union address Tuesday.

Mrs. Trump had originally been scheduled to join her husband at an economic summit in Davos, Switzerland, this week. But her office said Tuesday, the day before Trump's departure, that Mrs. Trump would not be going, citing unspecified scheduling and logistical issues.

## Jay-Z, Beyoncé celebrate NY Grammy weekend atop Trade Center

**NEW YORK** (AP)—Jay-Z is on top of the music world this weekend as the leading Grammy nominee. So it was fitting that he held his annual Roc Nation brunch on the top of the World Trade Center.

With stunning views of New York City as the backdrop, the superstar hosted a lavish five-hour soiree of food, booze and music with stars including Diddy, Susan Sarandon, Iggy

Azaela, DJ Khaled, Remy Ma and more.

Nick Jonas played pool with his friends with no sticks, knocking the balls across the table. Jaden Smith took time away from guests and found some solitude practicing his piano skills on a grand piano. And at one point, Jay-Z, At one point, Diddy, Jay-Z, Khalid, Fat Joe and more lifted the rap mogul's Ace of Spades

champagne and D'usse cognac in the air for a raucous toast.

Mariah Carey made a very late entrance, getting a hug from Big Sean and others as she made her way to see Jay-Z in the party's fifth hour.

And even though Beyoncé made an even later entrance by

minutes, she was still queen of the party as party goers and photographers made a beeline to get a picture of her.

Dressed in a dramatic black dress with a plunging neckline, she held hands with her husband when she arrived and later held court with Carey, with Jay-Z nearby.

## Miley Cyrus, Jill Scott rock the Roots Grammy party

**NEW YORK** (AP)—Miley Cyrus' latest record embraces her pop-country side but the singer embraced the funk as one of the surprise performers at The Roots annual pre-Grammy jam showcase.

"Come on, you know this song," Cyrus told the crowd Friday as she performed her old hit "Party in the U.S.A." But it had a different feel as The Roots gave the song soulful update, arranging it with

the melody of the Yarbrough & Peoples' classic "Don't Stop the Music."

It was one of two songs Cyrus performed, which went until the early morning hours. Other performers included GoldLink, Joi, DRAM and Jill Scott, who wowed the crowd as she performed with The Roots on the hit "You Got Me" then launched into her own hit, "It's Love," with a go-go beat, interlocking it with the hit "Da Butt."

## Viola Davis' 'Two Sides' docu-series tackles deadly reality

**LOS ANGELES** (AP)—Viola Davis switches from drama to deadly reality in TV One's documentary series "Both Sides."

Davis narrated and produced the series that examines African-American deaths involving law enforcement.

As the title indicates, Davis said the series pays heed to what both officers and citizens face in such confrontations.

Such understanding can help begin the process of seeking

solutions to the crisis, she said.

"Both Sides" looks at several high-profile cases, including that of a man shot while holding an air rifle in a Dayton, Ohio, store, and a woman who died in a Texas jail after a traffic stop.

Davis, the Oscar-winning actress who stars in TV's "How to Get Away with Murder," produced the series with her husband Julius Tennon. "Both Sides" airs on consecutive Mondays through Feb. 12.

## Marriage is in big trouble over husband's little lies

**DEAR ABBY:** I have been married to my husband for 22 years. We've been together for 26. We've had our ups and downs, and separated for three months back in 2008, but we went to marriage counseling and got back together.

I have recently realized that my husband is an accomplished liar and has been from day one. To top it off, he lies about stupid things, which makes me wonder what important things he's lying about. When I express my feelings about this, he swears he will never lie again, blah blah blah—and damn if I don't catch him again! Is this marriage doomed because he can't stop lying? And how do I trust anything he ever says to me?

UNTRUSTING IN MARYLAND

**DEAR UNTRUSTING:** Successful marriages are based on trust and communication. Yours is in serious trouble.

Most people who lie do so because they are trying to make themselves look better or are not proud of whatever it is they are attempting to cover up. However, those who lie about "stupid" things may be compulsive liars who can't control the impulse. If your spouse falls into this category, a licensed mental health professional may be able to help him overcome his problem, but there are no guarantees.

**DEAR ABBY:** My elderly mother, my daughter, her boyfriend and I are planning a trip to Las Vegas. Because

of the costs involved, we are considering sharing a room with two queen beds. The plan would be for me and my mother to share one bed, and my daughter and her boyfriend to share the other.

My wife thinks this is weird—what my mother and I should share a bed. I explained that it will be a queen bed, and I don't understand why she thinks it is strange. This will save us around \$1,000 that a second room would cost. What do you think?

RALPH IN OHIO

**DEAR RALPH:** Is saving the money more important to you than privacy, comfort and propriety? Your wife may have been thinking along those lines when she suggested the "boys" sleep with the boys and the "girls" sleep together. Before rendering an opinion, I'd have to know what your daughter, her boyfriend and your mother think about this arrangement, because unless you all agree, it might make more sense to request a cot or bring an air mattress with you.

P.S. If one of you gets lucky in Vegas, maybe you can afford a second room.

**DEAR ABBY:** After years of nagging about thank-you notes, this is how I'm encouraging my younger family members to acknowledge gifts: We have the child create a big thank-you note or draw a picture, hold it with a big smile along with

## DEAR ABBY

By ABIGAIL VAN BUREN  
UNIVERSAL PRESS SYNDICATE



Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

the gift and take a photo, which we send electronically.

We made a rule that they can't play with the gift until the thank-you is done, and even little folks understand it. It's fun and immediate. They usually get a quick note of appreciation back, and the giver gets a keepsake of the occasion.

NEW AGE GRANDMA

**DEAR GRANDMA:** That's a wonderful idea, not only because it utilizes technology, but also because it requires SOME effort on the part of the little ones. Good for you.

To order "How to Write Letters for All Occasions," send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby - Letter Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

Pastimes

Calvin and Hobbes

By Bill Waterson



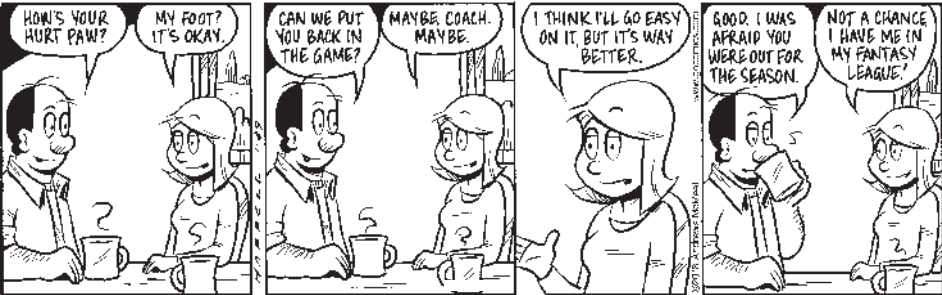
Garfield®

By Jim Davis



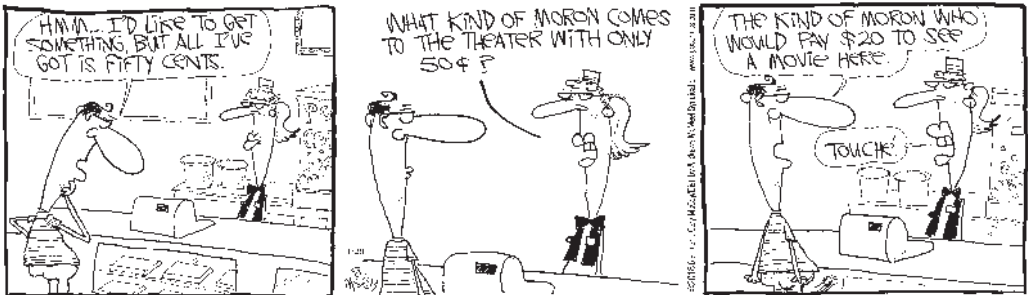
Adam@home

By Bryan Basset



The Duplex

By Glenn McCoy



CROSSWORD By Eugene Sheffer

ACROSS

35 World-wide (Abbr.)

1 Fuzzy fruit

5 Tri-umphed

8 Swiss peaks

12 Detail the ring

13 Actress Longoria

14 Toucan feature

15 Wound cover

16 Ornate wall hanging

18 Tempura choice

20 Shoulder wraps

21 Cote calls

23 —

35 World-wide (Abbr.)

37 Snitches

39 Green shade

41 Deck in the ring

42 Black Sea port

45 Razes sign on a bench

49 "Recog-nize my voice?"

51 Mideast airline

52 Wash hog-wild

53 A billion years

54 Ovid's 53

55 Paradise the limit!

DOWN

1 Smooch

2 Craving

3 Put on

4 Drink

5 Warning bugaboo

6 Eggs battles

7 Siestas

8 Soak up records

9 Go

10 Rid of rind

11 "The — the limit!"

17 And so on (Abbr.)

19 Gospel writer

22 Sly one

24 — chi

25 Raggedy doll

26 Personal bugaboo

27 Fare

29 Series of battles

30 Vinyl records

33 Eyelid woe

36 Abate

38 Attractive

40 Ninny

42 Leer at

43 Group of two

44 Dumb-struck

46 Lamb alias

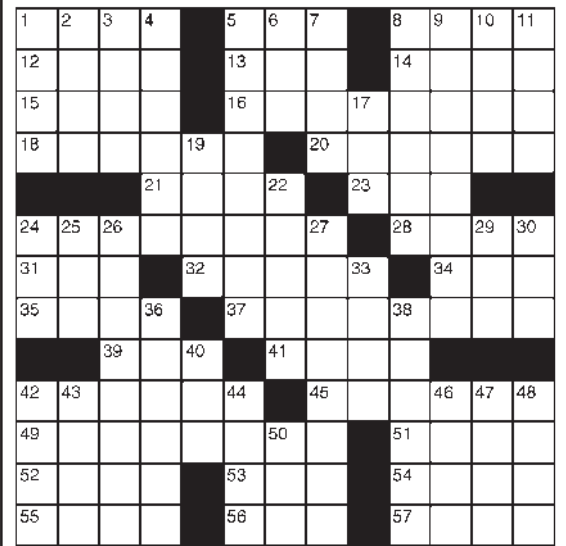
47 Hide-away

48 Lost traction

50 "Yoo- —!"

Solution time: 26 mins.

Last Friday's Answer 01-29



STUMPED? For answers to today's crossword, call 1-800-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Sara Gilbert, 43; Heather Graham, 48; Oprah Winfrey, 64; Tom Selleck, 73.

Happy Birthday: You can be innovative and creative without going overboard. Curbing habits and budgeting wisely will help you maintain your lifestyle without stress. You'll have more control over your emotions, but less when it comes to making decisions. Having a goal in mind and a plan in place to achieve it will encourage better choices and behavior. Your numbers are 4, 9, 14, 20, 26, 33, 42.

ARIES (March 21-April 19): Keep busy. If you neglect to take care of your responsibilities, you'll be faced with criticism or complaints. Strive for perfection in all that you do. Hard work will pay off and bring you the recognition you desire. \*\*

TAURUS (April 20-May 20): Following the crowd or letting someone coerce you into taking care of responsibilities that don't belong to you will result in a loss of valuable time that should be spent accomplishing your own goals. It's OK to say "no." \*\*\*\*

GEMINI (May 21-June 20): Reach out and do what you can for others. Listen to what's being asked of you and give an honest appraisal of what you think you can realistically achieve. Look out for your personal interests. Self-improvement will boost your confidence. \*\*\*

CANCER (June 21-July 22): Channel your emotional energy into creative endeavors. Expand your interests and ex-

plore what life has to offer. Don't make rash decisions or burn bridges. Look inward and do your best to keep the peace. Choose personal growth over criticizing others. \*\*\*

LEO (July 23-Aug. 22): Simplicity, moderation and discipline will be required if you want to get things done. Concentrate on personal improvements and nurture relationships that mean a lot to you. Eliminate bad habits and be realistic when setting your goals. \*\*\*

VIRGO (Aug. 23-Sept. 22): Set the record straight and start working toward your goal. Preparation and dedication will help you overcome any obstacles you come up against. Think big, but don't take on too much or make promises you can't keep. \*\*\*\*

LIBRA (Sept. 23-Oct. 22): Take time out for yourself. Rethink your strategy and consider the best way to cut back. Saving money and time should be your primary concern. A change will do you good, but only if it's geared toward striving for less stress. \*\*

SCORPIO (Oct. 23-Nov. 21): Your discipline will pay off. Concentrate on creative projects and you will come up with a winner. Refuse to let someone intervene or get in the way of finishing what you start. Personal goals and inner growth will be enlightening. \*\*\*\*\*

SAGITTARIUS (Nov. 22-Dec. 21): You'll be quick to jump in and make a decision. Before you take on more than you can handle, consider how you have dealt with money matters in the past and identify the lessons you learned from past mistakes. \*\*\*

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Do what you do best and don't let anyone stand in your way or slow you down. An opportunity that allows you to use your imagination will help you expand your interests and devote more time to something you enjoy. \*\*\*

AQUARIUS (Jan. 20-Feb. 18): Pay more attention to those around you. Listen carefully and make sure you fully understand what's going on before you agree to something you may regret. Look inward and you'll discover ways to improve your life and your future. \*\*\*

PISCES (Feb. 19-March 20): Creativity coupled with discipline will bring remarkable results. A chance to make money doing something you love should motivate you to invest more in yourself and your attributes. Don't settle for less when you are worth so much more. \*\*\*\*\*

Birthday Baby: You are creative, unique and compassionate. You are curious and thoughtful.

To submit astrological questions to the "Dear Eugenia" column, visit [EugeniaLast.com](http://EugeniaLast.com), or join Eugenia on Twitter/Facebook/LinkedIn.

SUDOKU

Conceptis Sudoku By Dave Green

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

Difficulty Level ★

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WONDERWORD By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

WILLIAM PETER BLATTY (1928-2017) Solution: 9 letters

K D J N H T N E C N I V I E W  
C R O E N C J L E A H C I M Y  
A A A L N U T U E M E E T A D  
B G N D L N G A L L N M S M E  
R I N I E I I P W I L L I A M  
E R E S T H B F T G L I C R O  
P H S T A R T S E L T N R D C  
A U Y S I J I N E R U D O S R  
P D T D O R B T I W E A X W A  
L S I H H T W E P T R A E E Z  
A O N C L P L I F E O W D R Y  
Y N U E L I Z A B E T H H D N  
Y E V D I R E C T O R E S N A  
R O C K R C A R S O N Y R A M  
N I A M A S T E R M I N D E E

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Andrews, A Shot in the Dark, Bill, Carson, Christine, Comedy, Crazy, Crime, Director, Drama, Elizabeth, Exorcist, Gilman, Gunn, Hudson, Jennifer, Joanne, Johnny, Julie, Life, Linda, Main, Mary, Mastermind, Michael, Name, Novel, Paperback, Paul, Peter, Play, Read, Rest, Rigard, Rock, Script, Start, Tell, Tuero, Unity, View, Vincent, Watch, William, Witbrodt, Write

Last Friday's Answer: Ribbon

To purchase WONDERWORD books, visit [www.WonderWordBooks.com](http://www.WonderWordBooks.com), or call 1-800-642-6480.

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**A Northern Mariana Islands Social Service  
JOB VACANCY ANNOUNCEMENT**

**ONE (1) SHELTER WORKER**

For more information, job description can be obtained  
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Documents required: Complete application form,  
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**CLOSING DATE: FRIDAY, FEBRUARY 2, 2018 AT 4:30 P.M.**

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**JOB VACANCY ANNOUNCEMENT**

**(3) Househelper** - Knowledge in cooking Chinese, Japanese, Thai, Cuisine is a must. Experienced in household chores like cleaning, ironing, gardening, paying bills, and baby sitting. With valid driver's license.

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**(2) Auto Mechanic** - Must have atleast 2 yrs. work related experience. Excellent diagnostic/ repair skills of vehicle systems. High self motivation.

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Other requirements:

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**Two (2) SHEET METAL WORKERS**

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# Wozniacki back on top after first major win



**MELBOURNE, Australia** (AP)— For all her success in tennis, from holding the No. 1 ranking for more than a year to winning 27 titles, one question had plagued Caroline Wozniacki's career.

Did she have what it takes to win a major?

It took 43 Grand Slam tournaments and two failed attempts in finals before Wozniacki ended her drought with a 7-6 (2), 3-6, 6-4 win over top-seeded Simona Halep in the Australian Open final on Saturday night.

Only three women have taken longer to achieve their major breakthrough, a list topped by 2015 U.S. Open winner Flavia Pennetta (49).

"One of the most positive things about all of this—I'm never going to get that question again," the 27-year-old Wozniacki said as she clung to the Daphne Akhurst Memorial Cup. "I'm just waiting for the question 'When are you going to win the second one?'"

So more than eight years after appearing in her first Grand Slam final at the 2009 U.S. Open—a straight sets loss to Kim Clijsters—Wozniacki has finally erased the "but never won a major" footnote on her resume.

"Obviously adding a Grand Slam to my CV is what caps it off... shows my whole career as a whole," Wozniacki said.

She'll also regain the top ranking next week for the first time in six years—beating Serena Williams' record of 5 years, 29 days between stints at No. 1 on the women's tour—in another benefit of beating the top-seeded Halep.

Wozniacki lost two U.S. Open finals—in '09 and 2014—and Halep lost two French Open finals before their meeting at Melbourne Park.

It set up a first major final in the Open era between players ranked No. 1 and 2 who had never won a Grand Slam title.

Also, it was the first time that both Australian Open finalists had saved match points



en route to the final.

In Halep's case, she was the first player who had saved match points in multiple matches. She saved triple match point in the third set to beat Laura Davis 15-13 in the third set of her third-round match. She also saved match points in her semifinal against Angelique Kerber.

Wozniacki saved match points in her second-round win over Jana Fett and said from then on she was "playing with the house money."

So both players rolled the dice in the 2-hour, 49-minute final, which featured long, absorbing rallies, some gritty defense, a combined 65 clean winners and 10 service breaks.

"I know that today is a tough day," said Wozniacki, acknowledging Halep's quest for

a major. "I'm sorry I had to win today but I'm sure we'll have many matches in the future. Incredible match, incredible fight. And again, I'm sorry."

Halep was playing with an injured left ankle, needed treatment for dizziness in the second set and had rallied from a break down in the third set to lead 4-3 when Wozniacki took a medical time out to have her left knee taped. In the end, she just ran out of steam.

"It's not easy to talk now," Halep said. "It's been a great tournament for me. Sad that I couldn't make it the third time, maybe the fourth time will be with luck."

"I can still smile. I cried, but now I'm smiling."

Wozniacki is the third first-time major winner in the four Grand Slam tournaments since

Serena Williams won the 2017 Australian Open.

Williams chose not to defend the title after taking time out following the birth of her first child in September.

She didn't watch the game, saying she gets too nervous, but Williams tweeted to congratulate her good friend Wozniacki.

"New number one and Aussie open champ. So awesome. So happy. Are those tears? Yup they are. From a year ago to today I'm so proud my friend so proud."

Wozniacki had never won a set in a major final until she went on a roll late in the opening tiebreaker, having wasted a chance to serve for the set at 5-3.

Halep rallied in the second, on either side of treatment from the trainer for her blood pressure to be checked amid

AP  
Denmark's Caroline Wozniacki holds her trophy aloft after defeating Romania's Simona Halep during the women's singles final at the Australian Open tennis championships in Melbourne, Australia, Saturday, Jan. 27, 2018.

the hot and humid conditions.

The players had a 10-minute break between the second and third sets, and Wozniacki came out quickly with an early break.

But Halep rallied again and, after an exchange of service breaks, she was leading 4-3 in the third when Wozniacki called for a medical timeout.

The momentum shifted again, and Wozniacki set up championship point on Halep's serve by retrieving and scrambling and eventually timing a forehand winner to finish off a stunning rally.

leap's serve by retrieving and scrambling and eventually timing a forehand winner to finish off a stunning rally.

"That was a crazy point," Wozniacki said. "We both played very well. I had that backhand cross-court. I knew at that point I have to hit it hard, I have to just go for it cross-court. I was like, 'Wow, that's a great shot.'"

On match point, Halep stayed on the attack and Wozniacki tried to play deep, even framing some shots, before the Romanian netted backhand.

"When I saw that ball go into the net," Wozniacki said, "it was crazy emotional."

She attributed it all to the comeback in the second round, when she was staring at another early exit.

## Federer in record 7th Aussie Open final, challenges Cilic

**MELBOURNE, Australia** (AP)— It took just over an hour for Roger Federer to fix one anomalous statistic in his extraordinary career.

Defending champion Federer, who was leading Hyeon Chung 6-1, 5-2 when the Korean retired in the second set of their Australian Open semifinal on Friday night, is within one win of a 20th Grand Slam singles title.

Going into the match against Chung, Federer had a below-par semifinals record at Melbourne Park, only six wins out of 13.

After 1 hour and 2 minutes under the closed roof on Rod Laver Arena, he's on par, 7-7 (but still well below his marks at the other majors: 11-1 at Wimbledon, 7-3 at the U.S. Open, and 5-2 at Roland Garros).

It wasn't how Federer expected to advance.

"You do take the faster matches whenever you can because there's enough wear and tear on the body," he said. "The thought process is not like 'What would have been better?'"

"That's why this one feels bittersweet. I'm incredibly happy to be in the finals, but not like this."

Chung tried everything to disguise the pain of the raw patches on his left foot which, his agent explained, were "blisters under blisters under blisters."

Federer knows the feeling. He also sensed something wrong with Chung's movement.

"I've played with blisters in the past a lot, and it hurts a lot. And at one point, it's just too much and you can't take it anymore—you can't go on," he said. "He's played

such a wonderful tournament, so credit to him for playing so hard again today."

Federer's conversion rate for finals in Australia is much better—the only time he lost a championship match was in 2009 against Rafael Nadal.

So he's well poised for Sunday's match against No. 6-seeded Marin Cilic. Cilic has had an extra day of rest but Federer was hardly taxed on Friday night, and occupied for only an hour.

The final will be Federer's record seventh at the Australian Open and 30th at a Grand Slam.

Cilic was hampered by blisters when he lost to Federer in last year's Wimbledon final, but he has made a relatively pain-free run through the other half of the draw, including a quarterfinal win over an injured Nadal.

Even if Chung had been fit, he was trying to reach his first ATP final against a player who has won 95 titles, 19 of them Grand Slams.

Chung had an incredible run at Melbourne Park, becoming the first Korean to reach a semifinal at a tennis major and attracting plenty of attention for beating No. 4-seeded Alexander Zverev in the third round and six-time Australian Open champion Novak Djokovic in the fourth.

But it took a toll. He needed a pain-killing injection before the match, and a medical timeout to re-tape his left foot after going down a break in the second set. He played only two more games before he quit.

"I did right thing. If I play bad on the court, it's not good for the fans and audience as well," he said. "I really hurt. I can't walk no more."

## Beckham says he'll reveal Miami MLS plans



**MIAMI** (AP)— David Beckham can finally see the goal in Miami, and his Major League Soccer team is about to be born.

The soccer icon and his group of partners announced plans for a news conference Monday, saying they will make "an important announcement on the future of soccer in Miami."

Beckham is ready to draw his first Miami crowd, too: The event at a downtown arts center will be open to fans. MLS, which will stream the event

live on its website, said they were participating in what will be "a special announcement."

MLS Commissioner Don Garber is among those expected to attend, along with several Miami-Dade County political officials. Other members of Beckham's group include Sprint CEO Marcelo Claure, entertainment entrepreneur Simon Fuller and South Florida businessman Jorge Mas.

Beckham has spent the last four years trying to bring MLS back to South Florida. The Miami Fusion played from

1998-2001, folding because of poor attendance.

Beckham's plans for Miami were delayed because of ongoing challenges regarding where he could build a stadium for his new team. His group originally wanted a waterfront site, then settled on a plot of land in Miami's Overtown neighborhood—a deal that has faced legal challenges, even after he spent \$9 million to purchase a needed piece of land from the county.

There will be 23 MLS clubs this season, and the league is

in the midst of trying to grow to 28 teams. Miami has long been considered the provisional 24th franchise, not having official status because of the stadium questions.

Those questions are apparently answered now to MLS' satisfaction.

Nashville was recently awarded an expansion franchise, and when that team and Miami commence play it will give MLS four franchises in the Southeast portion of the U.S.—with those clubs joining Orlando and Atlanta.

# Curry's 13 points in final 1:42 lift Warriors past Boston



**OAKLAND, Calif.** (AP)—The “M-V-P!” chants reigned down, and Stephen Curry played every bit like one yet again. Mouthpiece dangling and shots dropping.

He has had so many brilliant back-and-forths with Kyrie Irving in recent years, and this one will surely be added to that list among the best.

Curry scored 49 points with 13 of those over the final 1:42 and hit eight 3-pointers, lifting the Golden State Warriors past the Boston Celtics 109-105 on Saturday night in what is already being hyped as a potential NBA Finals matchup come June.

Irving scored 37 points on 13-for-18 shooting with five 3s, but Boston failed to build momentum from a win at the Clippers on Wednesday night and lost for the fifth time in six games.

“The way he started the game tonight was pretty crazy,” Curry said. “We try to bring the best out of each other. Tonight was one of those nights, just a fun way to play.”

The NBA's top teams from their respective conferences put on quite an entertaining show.

Curry made a go-ahead 3 with 1:42 to play, scored on a driving layup the next time down before eight late free throws. He also made three of his 3s over the final 4:20 of the third quarter for the Warriors, who had lost the last two matchups to the Celtics and two in a row at home. The Warriors fell 92-88 at Boston on Nov. 16 in which they squandered a 17-point lead.

Kevin Durant added 20 points and nine rebounds for the Warriors, who haven't lost to the same Eastern Conference opponent twice in the same season during fourth-year coach Steve Kerr's tenure. Draymond Green had 15 points, 11 rebounds and five assists.

Curry's 3-pointer with 4:20 left in the third put Golden State up 70-63, he hit another at the 2:52 mark then connected once more at 2:12 as Golden State grabbed momentum heading into the final period up 80-73.

The two-time NBA MVP scored 18 points in the third, shot 16 for 24 and 8 of 13 from long range while notching his second 40-point game of the season and 29th of his career in the regular season. Fans chanted “M-V-P!” as he made two free throws with 43 seconds left, two more at the 10.3 mark, another pair with 6.9 seconds left and two more at 1.6.

Irving was sensational himself.



Plenty familiar with Golden State from three straight Finals matchups with the Cavaliers, he hit his first seven shots with three 3-pointers while Jaylen Brown converted his first four field goals including two 3s. Boston built a 34-24 lead late in the opening quarter and stayed ahead by 10 going into the second.

He didn't miss his first shot until a driving floater 4:16 before halftime. Irving too appreciates the push from Curry. “Oh yeah. I've been going against him for the last seven years,” Irving said. “This special team that they have now, adding KD, you've seen how they've kind of transformed from the first year they won it to now being two-time champions. The bench, everyone. It's always a high-level game.”

## Thunder 121, Pistons 108

In Detroit, Carmelo Anthony surpassed the 25,000-point milestone and Russell Westbrook added 31 points, 13 assists and 11 rebounds to lift surging Oklahoma City past Detroit.

Thunder guard Andre Roberson was taken off on a stretcher in the third quarter after landing hard on the court after trying to jump for an alley-oop. The scary injury put a damper on Oklahoma City's seventh straight victory. It's the NBA's longest current winning streak.

Detroit has lost seven in a row, the league's longest current skid. The Pistons now

face back-to-back games against LeBron James and the Cavaliers.

Anthony scored his 25,000th point on a free throw with 8:30 left in the third quarter. That was part of a 15-0 run for the Thunder at the start of the second half that pushed their lead to 27.

## Timberwolves 111, Nets 97

In Minneapolis, Jimmy Butler scored 21 points in his return to Minnesota's, and Karl-Anthony Towns had 16 points and 19 rebounds for his NBA-leading 43rd double-double.

Butler added six rebounds

and five assists after missing four games with right knee soreness. Andrew Wiggins scored 21 points, and Jamal Crawford added 16 to help Minnesota snap a two-game skid.

Jahlil Okafor scored 21 points, and Nick Stauskas added 15 for a short-handed Brooklyn squad that has lost six of eight games. Nets coach Kenny Atkinson was ejected in the fourth quarter after coming out on the court to argue a call. Players and coaches had to restrain the enraged Atkinson.

## Wizards 129, Hawks 104

In Atlanta, Markieff Morris

matched his season high with 23 points and Washington used balanced scoring and strong 3-point shooting to overcome the absence of John Wall.

Wall, selected to his fifth All-Star team as a reserve Tuesday, did not play due to a recurrence of soreness and swelling in his left knee. He missed nine games earlier in the season with soreness and swelling in the knee.

Mike Scott, who began his career in Atlanta, had 19 points and Bradley Beal and Otto Porter Jr. each had 18 for Washington. Taurean Prince, Tyler Dorsey and DeWayne Dedmon each had 14

Boston Celtics' Terry Rozier, right, and Golden State Warriors' Stephen Curry chase the ball during the second half of an NBA basketball game Saturday, Jan. 27, 2018, in Oakland, Calif.

points to lead Atlanta.

## Heat 95, Hornets 91

In Miami, Josh Richardson scored 19 points, Wayne Ellington added 17, including a 3-pointer with 4 seconds left to seal the outcome, and Miami snapped a two-game slide.

The Heat trailed by 15 midway through the third, then outscored the Hornets by 19 the rest of the way.

Kemba Walker scored 30 points, and Dwight Howard had 20 points and 16 rebounds for the Hornets.

## Nuggets 91, Mavericks 89

In Denver, Nikola Jokic completed his second triple-double with a late jumper to put Denver ahead, and the Nuggets held on to beat Dallas.

Jokic had 11 points, 16 rebounds and 11 assists. Gary Harris scored 24 points to help Denver rally from nine points down in the fourth quarter for its third straight victory.

Harrison Barnes had 22 points for Dallas.

## Pacers 114, Magic 112

In Indianapolis, Victor Oladipo scored 24 points, Lance Stephenson added a season-high 21 and Indiana overcame a late 10-point deficit to beat Orlando.

Indiana won its seventh straight in the series by closing on an 18-6 run over the final 6:15.

Aaron Gordon had 22 points, and Evan Fournier added with 21 to lead the Magic.

## Promising prospects could lead to better days for White Sox



**CHICAGO** (AP)—As he watched the young players take their rips at the team's recent hitters' camp, manager Rick Renteria could see the potential and the promise for the Chicago White Sox.

“You went to every field, and every player you saw at some point, they did something and you'd go, ‘Man,’” he said.

With a line of prospects either on the major league roster or in the pipeline, better days appear to be in store for a team with five straight losing years.

The White Sox loaded up on young players and put themselves in position to make a jump within the next few years. It's all added up to a heavy dose of optimism for a franchise with just one play-

off appearance since the 2005 championship season.

Only three teams had a worse record last season than the White Sox, who lost 95 games. But the positive vibe surrounding the team has been mounting ever since Chicago went all-in on rebuilding last winter.

The returns so far are encouraging.

“They're real,” Renteria said. “They're really good baseball players, are continuing to develop with a high skill-set. ... I cannot contain myself. That's why you see me smiling, because they're coming.”

White Sox fans tired of watching their team try to stay afloat by bringing in veterans finally got what they wanted when the front office dove deep into rebuilding mode at the

2016 winter meetings. Chicago traded former ace Chris Sale to Boston and outfielder Adam Eaton to Washington in separate deals that brought back second baseman Yoan Moncada and hard-throwing pitchers Lucas Giolito, Reynaldo Lopez and Michael Kopech.

The White Sox continued to load up during the season, signing Cuban outfielder Luis Robert in May. In July, they got another top prospect when they traded pitcher Jose Quintana to the Cubs for infielder Eloy Jimenez.

“It's great to read all the hype and to see it with your own eyes,” general manager Rick Hahn said Saturday at the team's annual fan convention. “For me, what gets me most excited is the culture change Ricky and his staff

have put in with this club. And you saw it last year with the way the team played, the way it fought for 27 outs, the way that every man was into the game from start to finish doing everything in their power to pull out a victory on any given night. ... That's a cultural change that's going to endure.”

But the talent has to be there. The prospects have to develop. So far, the signs are encouraging.

Hall of Famer Frank Thomas likes what he sees.

“Some of these guys are gonna be incredibly special,” he said. “I see a couple guys that are gonna average 20 home runs. I see guys that can amass amazing strikeouts. I see a team chemistry there. ... There's so much talent on this team. I'm impressed.”

# Young guns rule TRAC's aquathlon

By JON PEREZ  
jon\_perez@saipantribune.com  
REPORTER



Youngsters Christian Villacrusis and Kaithlyn Chavez topped the men's and women's division of the run-swim-run event in yesterday's 3rd Aquathlon and 10K Pathway Run.

The 17-year-old Villacrusis was the fastest among the male participants, finishing the course in 42:53 to beat super seniors Buboy Aguilar (56:41) and barefoot runner Mike Jang (1:04:02). The Triathlon Association of the CNMI-organized pre-Tagaman race had its 2.5-kilometer run course from Kilili Beach to Monika's Furniture near Quartermaster Road and back. Participants then moved to the 1K swim and finished it off with another 2.5K run on the same route.

In the women's side, Chavez beat Claire Devey by 38 seconds in their head-to-head matchup. The 11-year-old had a time of 51:34 against Devey's 52:12 in the event that was supported in part by the Commonwealth Cancer Association for January's Cervical Cancer Awareness Month.



Christian Villacrusis, left photo, and Kaithlyn Chavez, are about to cut the tape en route to ruling yesterday's 3rd Aquathlon and 10K Pathway Run.

ness Month.

In the 10K Pathway Run from Kilili Beach to Bank of Guam and back, Kosuke Sato and Ayako Braxton won their respective divisions after clocking in at 42:55 and 50:42.

Josh David Joson chased Leon Etienne in the final 10 meters of the course as the two

runners tried to outrace each other with the former eventually clinching second place with a time of 46:20 against the latter's 46:23.

In the women's division, Chiharu Sato was almost five minutes behind Braxton, as the former submitted 55:16, while Marie Sablan completed the Top 3 of the race sponsored by Kanoa Resort, IT&E, Gatorade, and JET Holdings after registering 1:10:15.



JON PEREZ

## NMSA closes 'Tan Ko', 'Tan Ge' fields

By JON PEREZ  
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REPORTER

The Northern Marianas Sports Association is informing the public, especially the teams that are preparing for the upcoming Saipan Little League Baseball season, that both the Francisco "Tan Ko" Palacios baseball field and Miguel "Tan Ge" Pangelinan softball field will be closed this week.

NMSA executive director Tony Rogolifoi said the closure is due to the improvement and renovation that Oleai Sports Complex staff will be doing on both fields, which will be utilized by the four divisions—minors, majors, juniors, and seniors—in the SLLB. The Saipan Baseball League will also use the "Tan Ko" ballfield for its competition in the 2018 season.

The "Tan Ko" field will be closed beginning today, Jan. 29, until Jan. 31, as the staff of the sports complex had started renovation work of the infield last week, doing the back filling and leveling of the dirt area.



The staff, whose three-day project aims to ensure the safety of the players, had also restored the pitcher's mound and compacted the dirt in the area around home plate.

The "Tan Ge" field, on the other hand, will also be closed starting on Jan. 31 to Feb. 3.

Rogolifoi said they would immediately inform the public if both fields would be available for use once the renovation and other work are done. Teams that wanted to use the facilities, once they reopen, must submit a letter of request.

He added that the sports complex staff would release the new practice schedule in the order of which team submitted the letter of request first. The Pirates' in majors division team in the SLLB will use the "Tan Ge" field next week, Feb. 5, Monday.

"Other teams currently utilizing the "Tan Ge" field are asked to submit their intentions to use it so we could schedule them, accordingly," said Rogolifoi.

For more information, call Rogolifoi or any of the staff at 234-6672.

## GSM

From Page 32

victory as it outgunned CTSI right from the get-go of the one-game finals.

The John Santos-coached squad jumped the gun on CTSI, opening a 10-0 lead, behind the 6 straight points of burly center Anna Lei Santos. Anna Lei rammed her way against smaller CTSI defenders for GSM's first two baskets, while Lia Rangamar and Alliyah Fernandez drilled the two other field goals in the eventual champion's early surge.

CTSI had no answers to GSM's attack until Madi Alegre was forced to pull up for a long jumper with the 24-second shot clock ticking and made the shot for the for-

mer's first basket, 11:47 left in the first half.

CTSI then picked up its scoring a bit after Alegre's field goal, but GSM countered behind the baskets for Fernandez, Anna Lei, and Cassandra Camacho to end the half with a 26-12 advantage.

GSM never relinquished the double-digit lead in the second half and even pulled away further, as frontliners Anna Lei and Cassandra continued to dominate the paint, while Fernandez and Rangamar were still on target, and Eleina Santos did a good job setting up her teammates.

Fernandez, Anna Lei, and Rangamar all finished in twin digits in scoring with the former leading her team after firing 11 points. Anna Lei added

10—the same output Rangamar had in her first and last game for GSM. Nanaka Watanabe top-scored for CTSI with her 9 markers.

Meanwhile, *Marianas Variety* took the third place honors in the division after downing Fiesta Resort & Spa Saipan in the consolation match, 42-32.

*Marianas Variety* also built a double-figure lead in the first half and had cruise control in the second to wrap up its campaign in the tournament on a positive note.

Tawnie Manibusan paced *Marianas Variety* with her 14 points, while Quina Flores and Mikky Kautz chipped in 9 and 7, respectively, and Louisa Han and Jehn Villagomez tallied 6 each. Shairmaine Francisco posted 12 for Fiesta

Resort, which went down to fourth after getting the No. 2 seed in the playoffs.

## Finals

**GSM 57** — Fernandez 11, An. Santos 10, L. Rangamar 10, C. Camacho 8, E. Santos 4, D. Camacho 4, Kenty 2.

**CTSI 30** — Watanabe 9, M. Alegre 6, Alferos 4, Ito 4, Pablo 3, J. Alegre 2, Espinosa 2.

Scoring by halves: 26-12, 57-30.

## Third Place

**Marianas Variety 42** — Manibusan 14, Flores 9, Kautz 7, Han 6, Vilagomez 6.

**Fiesta Resort 32** — Francisco 12, Borja 10, Tuazon 4, Joyce 4, Villagomez 2.

Scoring by halves: 21-8, 42-32.

## MT. CARMEL

From Page 32

could not take the victory outright in the second when GCA bounced back for a 25-16 triumph. The second set was a nip-and-tuck game in the earlier part and was last tied at 14-all before the Eagles scored four straight points to gain distance. GCA kept the upper hand from thereon and took the win after Christopher Pangelinan made three consecutive aces to send the match to third set.

In the decider, the Knights capitalized on the Eagles' errors for a 9-3 advantage. Mt. Carmel also won the next exchange and moved a point away from getting the win,

14-7, when the ball dropped in front of Prase Woo off a Hye Jin Elliot's bump. The Knights went on to notch its fourth straight victory, as Kaia Travilla served and two GCA players moved in closer to the ball, but neither attempted to return it.

With the loss, GCA 2 fell to a 2-2 record.

Meanwhile, action in the volleyball league will resume tomorrow with four matches spread out at the various school courts. Over at SIS, the Geckos will take on Seventh Day Adventists, while Saipan Community School will host MCS 1. Agape Christian School will also play host to GCA 1, while GCA 2 will head to Mt. Carmel to duel MCS 2.

## 'CRANK'

From Page 32

nately had a good time. We went out there and gave it our all. We left everything in the cage."

Camacho also thanked the people who supported him. "I thank all my friends, family, wife, son, [Team Crank], to all my teammates, training partners, and everyone in the Marianas. To all the new fans that got to see us leave everything in the cage against Drew Dober, thank you and tune in. This is not the end. We're going to get back out there and just keep training hard," he said.

Camacho, in his first pro fight in the mainland under the UFC

stable, is now 1-2 in the world-renowned MMA promotional outfit and 21-6 overall. He suffered his second decision loss, while his other defeats were by knockout, three times, and one by submission.

This was also Camacho's third straight Fight of the Night award, earning him and Dober \$50,000 (each) bonus. His previous matches against Adrian Brown in UFC Fight Night 121, which he won by split decision, and a unanimous loss to Jingliang Li in UFC Fight Night 111 were also named as Fight of the Night.

Camacho joins the ranks of reigning UFC bantamweight champion T.J. Dillashaw, current heavyweight titlist Stipe

Miocic, Jungle Fight Brazil inaugural winner Erick Silva, No. 9 welterweight Donald Cerrone, top lightweight Tony Ferguson, Australian Mark Hunt, and Brazilians Lyoto Machida, and Charles Oliveira as three-time Fight of the Night awardees.

Nate Diaz of Stockton, California holds the record of most Fight of the Night awards with eight followed by the seven each of New Jersey's Frankie Edgar, Joe Lauzon of Massachusetts, and New Mexico-native Diego Sanchez.

Camacho, in his fight against Dober according to mmajunkie.com, has successfully took down his opponent three times. He attempted to

end the match by submission as seen from the live stats that he commanded the ground game with a combined time of 2:19.

Dober, however, was successful with his all around game and pressured Camacho the entire match. He was more active inside the cage and even rocked his opponent with combinations.

The 29-year-old, in an interview by mmajunkie.com, said that he has nothing but respect for Camacho. "I feel that a true martial artist doesn't need animosity to perform well. I have tremendous respect for anyone that steps inside the cage. Especially Camacho, who just stood there and performed to

the best of his abilities."

"Mad respect to both of us, we're going to [always] perform our best, we're going to go for the win, the KO, and the performance. Regardless of the hatred, we don't need that. It was just a thank you, huge respect, Fight of the Night. It was just honoring one another."

Mixing it up inside the octagon was Dober's game plan against Camacho.

"I'm changing my levels. Trying to wrestle, trying to strike, trying to do my jiu-jitsu, I'm playing the entire game. This is chess, not checkers. So, me taking my shots, taking jabs, going for take downs, comeback to my striking, I'm doing a complete martial arts

versus boxing or Muay Thai," Dober said.

"Motion, motion was the game plan. Changing up, this guy is going to stand and trade with me. I'm very eager to stand and trade as well. But, I'm always looking to improve overall. With my wrestling, movement, angles. All that stuff, so the game plan was to be the better fighter," he added.

Meanwhile, Ronaldo "Jacare" Souza of Brazil again defeated Derek Brunson of the United States by way of technical knockout in the main event to improve his record to 25-5. Their first meeting on Aug. 18, 2012 also ended in KO in favor of the Brazilian.

# 2017 TanHoldings Christmas Basketball Tournament Women's Finals

PHOTOS By ROSELYN B. MONROYO



GSM Lady Ol'Aces' Cassandra Camacho, left, and CTSI's Angie Ito jockey for position as they get ready for the rebound play during their the title game in the women's division of the 2017 TanHoldings Christmas Basketball Tournament last Saturday at the Gillette Multipurpose Gymnasium.



CTSI's Nanaka Watanabe drives against three GSM Lady Ol'Aces defenders.



GSM Lady Ol'Aces' Anna Lei Santos, left, goes up for a putback off her own miss against the outstretched arm of CTSI's Diane Pablo.



GSM Lady Ol'Aces' Cassandra Camacho, right, dribbles closer to the basket, while CTSI's Diane Pablo plays honest defense on her.



GSM Lady Ol'Aces' Alliyah Fernandez looks for a way out against two CTSI defenders.



GSM Lady Ol'Aces' Eleina Santos, left, goes up for a point-blank shot over CTSI's Diane Pablo.



CTSI's Mary Kay Alferos, right, unloads a running shot against two GSM Lady Ol'Aces defenders.



GSM Lady Ol'Aces' Lia Rangamar picks up a loose ball down the baseline.



Wozniacki back on top after first major win

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# Saipan Tribune Sports

Curry's 13 points in final 1:42 lift Warriors past Boston  
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SAIPAN TRIBUNE

## 'Crank' loses, but gets Fight of the Night



By JON PEREZ  
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REPORTER

Frank "The Crank" Camacho's brawl against Drew Dober earned the Fight of the Night in the Ultimate Fighting Championship on FOX 27: Jacare vs Brunson 2, giving the 28-year-old Marianas pride some consolation after losing in their three-round welterweight bout.



MMA JUNKIE PHOTO

Frank "The Crank" Camacho, top, mounts Drew Dober in hopes of ending the match by submission during their bout in last Saturday's Ultimate Fighting Championship on FOX 27: Jacare vs Brunson at the Spectrum Center in Charlotte, North Carolina.

Both warriors did not disappoint the sellout crowd at the Spectrum Centre in Charlotte, North Carolina, as they gave it their all, trading punches and strikes a number of times to earn the Fight of the Night award.

After the epic duel, all three judges scored the fight for the Omaha-born warrior with Roy Silbert seeing it at 30-27, and

Andrew Hopper and Derek Clearly giving the same scores, 29-28. In the stats provided by MMA junkie website, Dober of the Colorado-based Elevation Fight Team threw strikes in volume with 354 and landed 123 compared to Camacho's 299 and 78.



Camacho, in a video message posted on Facebook for his fans especially in the Marianas, said the loss only inspired him to work harder in preparation for the next fight so he could earn the win.

"We didn't get the W but we're going to get back at it.

We're going to continue to work hard and work for the W the next fight," Camacho said.

He then thanked Dober for pushing him to give his best in their three-round non-title bout—the third of a four-bout semi-main event card. "Drew Dober was tough as hell. I defi-

**See 'CRANK' on Page 30**



ROSELYN B. MONROYO

GSM Lady Ol'Aces' Sedrei Camacho pulls up for a shot against CTSI's Chanel Espinosa during the first half of their title game in the 2017 TanHoldings Christmas Basketball Tournament last Saturday night at the Gillette Multipurpose Gymnasium.

### GSM eases way to title win

By ROSELYN B. MONROYO  
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REPORTER



The GSM Lady Ol'Aces capped its perfect run in the 2017 TanHoldings Christmas Basketball Tournament with a 57-30 rout of CTSI during

the women's division title game last Saturday night at the Gillette Multipurpose Gymnasium.

GSM finished the tournament with 12-0 record, completing its domination in the division with an easy

**See GSM on Page 30**

### Mt. Carmel 1 still undefeated

By ROSELYN B. MONROYO  
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REPORTER

Mt. Carmel School 1 swept its assignments last week to remain undefeated in the middle school division of the 2017-2018 Commonwealth Coalition of Private Schools Association Volleyball League.

MCS 1 first prevailed against Saipan International School last Tuesday at the SIS' turf in As Lito and then downed Grace Christian Academy 1 at the Knights' court in Chalan Kanoa to earn a 4-0 record in the competition that started last Jan. 16.

The Knights 1 beat the Geckos in all three sets of their first meeting this season. MCS 1 secured the early win after taking the first two sets, 25-21, 25-23, and then completed the

sweep with a 15-9 triumph in the third set. Though the game was already decided after

MCS 1 won the first two sets, the third set was still played as per league rules to give students more time to play and develop their skills.

After getting the win at the SIS court, the Knights returned to their home court and met a tougher opponent in the Eagles 1.

Mt. Carmel clinched a 25-16 victory in the first set, but

**See MT. CARMEL on Page 30**

ROSELYN B. MONROYO

A Mt. Carmel School 1 player stops a serve from Grace Christian Academy during their middle school division game in the 2017-2018 Commonwealth Coalition of Private Schools Association Volleyball League last Thursday at the MCS court.

